

FREE TO FORGIVE

1. **Clearly describe** to yourself the actual offense(s) committed against you and how you believe you have been affected.
2. **Humble yourself** before God (1 Peter 5:5-6). Confess your sin of unforgiveness to God. Also confess any other sins you have committed (in thought, word, or deed) in your response to the offense.
3. **Recognize the offense** as a debt owed to you that you are now choosing to cancel (Luke 7:41-42). Remember that Christ, the Debt Payer, and God, the Forgiver, lives within you by the Holy Spirit to supply you the grace to forgive and to take the burden and the hurt of the offense(s) from you.
 - Matthew 18:21-35
 - Psalm 55:22
 - 1 Peter 5:5-7
 - Philippians 2:13
 - Philippians 4:13
4. **Commit the offender** and the situation to the Lord.
 - Romans 12:16-21
 - Proverbs 24:17-18
5. Realize that **forgiveness is** not a feeling, but a **decision**. If the temptation to take up an offense ever comes again, go back to the **FACT** of your decision to forgive, and stand firm.

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