

Church of the Promise  
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# Infusion

Become

Believe

Belong

Befriend

# 8 Free From Hurts

INFUSING THE LIFE FOUND IN CHRIST  
THROUGH FAITH IN GOD'S VITAL PRECEPTS,  
MAKING EVERY MEMBER WHOLE  
SPIRIT, SOUL & BODY



*world-rulers of this darkness, against the spiritual hosts of wickedness in the heavenly places.*

**B.** Secondly, it is evidence of God's presence and anointing on you. The darkness in them is simply reacting to the light of the Holy Spirit in you.

***1 Peter 4:14** If you are reproached for the name of Christ, you are blessed; because the Spirit of glory and the Spirit of God rest upon you.*

***Galatians 4:29** But as then he that was born after the flesh persecuted him that was born after the Spirit, so also it is now.*

**C.** Thirdly, your conflict may be God directed for your Benefit. You look silly if you're getting mad at the Stop sign especially when God put it there.

## **II. Why is it important for you to forgive others**

1. It is the only way you can protect yourself and others from being a victim twice. "Offenses must come" in other words you will be hurt. But forgiveness allows life of the Holy Spirit to come into your soul where death tried to reign. He will remind you and counsel you with the words of life but you will make the choice to live instead of abiding in the stench of death that exudes from un-forgiveness.

***John 14:26** But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.*

2. If you don't forgive others, God won't forgive you. God requires you to forgive everyone for every offense committed.

*Matt. 6:12, 14-15* “Forgive us our debts, as we also have forgiven our debtors. For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”

*Ephesians 4:32* “Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.” (NIV)

- A.** Biblical example - **Matthew 18:21-25**: A servant was forgiven an enormous debt, but he in turn refused to forgive a fellow servant a small debt. As a result, his master delivered the unforgiving servant to tormentors in prison until he had paid all that he owed.

*Matthew 18:35* Jesus said, “This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.” (NIV)

- B.** Jesus said to forgive people “Seventy time’s seven.” which is another way of telling us to forgive others without counting how many times they have offended us.

*Matthew 18:21-22* “Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?’ Jesus answered, ‘I tell you, not seven times, but seventy-seven times’” (NIV)

- C. You can only love and lead to Jesus, those whom you have forgiven. Forgiveness releases the love of Jesus in your heart for others.

### III. How un-forgiveness works destruction in your life

One of Satan's **most effective snares** is to tempt us into un-forgiveness.

1. It produces a \_\_\_\_\_ of bitterness in you.

*Hebrews 12:15* "See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many"( NIV)

2. This root of bitterness must be \_\_\_\_\_ and watered by you for it to continue to grow. These roots grow quickly when you harbor resentment, rehearse hurts, and seek to justify your un-forgiveness. Resentment is like a fire it needs to be supplied with fuel to live. To maintain an attitude of resentment, you must continually feed on negative, judgmental thoughts, feelings and desires either toward God, your fellow man or your situation.
3. If not dealt with, bitterness will cause a \_\_\_\_\_, socially, mentally and physically in your life. It has the effect of poisoning your life.
4. Un-forgiveness and the resulting bitterness cause your \_\_\_\_\_, friends and those around you to be poisoned as well.
5. Holding on to hurts and past wounds raises walls in your \_\_\_\_\_ with God & others. It also robs you of joy, peace, and love.

6. Resentment and bitterness (the fruits of un-forgiveness) act together to form \_\_\_\_\_ bars for your soul.
7. Un-forgiveness allows \_\_\_\_\_ access into your life to build strongholds from which he can exert controlling influences in and from your life to others. You become his weapon.

*II Corinthians 10:4 "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds" (KJV)*

8. Bitterness gives way to fear which is contrary to faith. It takes your power to believe God's love for you and others away from you.

It is very common for a person who does not forgive his offenders to become a perpetrator of the same offense. A person who is bitter will often reproduce that bitter seed by finding someone to hear about their hurt and agree with their right to be bitter. Once that agreement has taken place the hearer is now also embittered. Bitterness is a poison. Forgiving is the antidote.

#### **IV. How to overcome un-forgiveness and bitterness.**

*Ephesians 4:31. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

*32. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

1. \_\_\_\_\_ of all un-forgiveness and bitterness. The little offenses are just as powerful as the big ones and because they often go unnoticed can do the most damage.
2. **Confess** your sin to God and, if necessary, to the person/s it has harmed.
3. Ask for their forgiveness (be specific). Be careful that you emphasize your sinful attitude and behavior. Do not use this time as an occasion to make others aware of their wrong doings. You are the one who has been convicted by the Holy Spirit, not them.

4. \_\_\_\_\_ God's forgiveness.

*1 John 1:9 "If we confess our sins. He is faithful and just and will forgive us our sins and purify us from all unrighteousness" (NIV)*

## 5. **PRAY FOR, not just about, them!**

It's for your own good! Theirs too! Praying for them will release God to show you things about them that you didn't consider. Also it releases God to bless you both. He cannot bless you or them if you have bound yourself to them with bitterness. Luke 6:28 says, "pray for those who mistreat you." It's counter intuitive. But Faith will release remarkable results if you trust God in this.

6. \_\_\_\_\_ un-forgiveness. Do not allow ill feelings to take hold of you. Deal aggressively with negative feelings and attitudes. You may need assistance from other believers or counselors to whom you can be accountable. This is an important principle concerning a chronic sinful behavior in the life of a believer.
7. Fill your \_\_\_\_\_ with good thoughts. In Philippians 4:8 you are given a catalog of thoughts that you

should entertain in your mind:

*Philippians 4:8* “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.’

## V. Positive steps to completing the forgiveness process \_\_\_\_\_ the following out loud:

- I have been forgiven of my sins by God. Therefore, I choose to forgive others who have done me wrong.
- I release from all personal judgment those who have wronged or hurt me.
- I pray prayers of blessings on those who have wronged me.

**FINALLY: A very effective way to combat & defeat an unforgiving attitude is to keep an attitude of thanksgiving.**

We are not to be thankful FOR all things. Some things ARE evil and we are not to be thankful for them. But **IN** all things we are to offer thanks to God as we make our request to Him.

*Philippians 4:6*

*‘Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*



As we thank Him no matter what we are going through WE are hidden in Christ. Our eternal destiny is secure. Nothing is happening to you that God did not approve. Unless you approved something He did not authorize. When we thank Him we don't change God's attitude. We change ours. Through thanksgiving we can have peace and assurance through any conflict. Whether ours is a conflict with people or with heaven; whether is a personal conflict or a violation of Biblical principle & precept thanking God for Who He is and what He has done for you AND YOUR OFFENDER will keep you from sinking into a Victim Syndrome and allow God to have HIS will in both of your lives.

Also as you offer Him that sacrifice of praise & thanksgiving you will release yourself from the agonizing repetition of poisonous thoughts and feelings and receive wonderful peace and joy. The more you thank him in your difficulties the greater the peace will grow. We don't thank Him for the circumstance we thank Him in it.

Count your blessings count them one by one  
Count your blessings see what God has done.

### ***Romans 8:28***

*<sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

### ***More Than Conquerors***

#### ***Roman 8:31-38***

*<sup>31</sup>What, then, shall we say in response to this? If God is for us, who can be against us? <sup>32</sup>He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? <sup>33</sup>Who will bring any charge against those whom God has chosen? It is God who justifies. <sup>34</sup>Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. <sup>35</sup>Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? <sup>36</sup>As it is written: "For your sake we face death all day long;*

we are considered as sheep to be slaughtered.<sup>[l]</sup> <sup>37</sup>No, in all these things we are more than conquerors through him who loved us. <sup>38</sup>For I am convinced that neither death nor life, neither angels nor demons,<sup>[m]</sup> neither the present nor the future, nor any powers, <sup>39</sup>neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### **Exercise:**

1. In small groups share briefly the area in which you have had the greatest trial regarding forgiving someone. Afterwards, pray one for another.
2. Take time this week to search your heart through prayer to see if you have un-forgiveness, resentment, bitterness or anger toward another person or group. If God reveals to you an area where you have bitterness, go through the steps given in this lesson and let God cleanse you and free you.

### **THIS WEEK'S BIBLE READING: John**

*John is one of the 4 books known as the Gospel (Good NEWS). You may notice the stories are repeated. That's called synoptic Gospels or Harmony of the Gospels. These cover the Life of Christ. Some Bibles offer the Words Jesus spoke printed in RED LETTERS. Use the Bible Study tool as you read. Return your completed form for credit. These completed assignments may be counted as a grade in both the I.S.O.M: Old Testament and New Testament Survey Courses.*

### **ANSWERS:**

- Pg 1 - source, destruction overcome
- Pg 5 - root, fed, weakening, family, relationship
- Pg 6 - prison, satan
- Pg 7 - repent, receive, resist, mind,
- Pg 8 - confess