

HOW TO FORGIVE

May 16, 2021 Mark 11:25 by Bob Branch
The Power and Complexity of Forgiveness, pt. 5

“Forgive, and you will be forgiven.” **Luke 6:37**

“Whenever you stand praying, if you find that you carry something in your heart against another person, release him and forgive him so that your Father in heaven will also release you and forgive you of your faults.” **Mark 11:25** TPT

BIG IDEA: HOW TO FORGIVE.

1. _____ the hurts and reasons for them.

“I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.” **Psalm 6:6-7** (See Ps. 10)

2. _____ it to get out from under it—verbally, in writing, physically, by drawing, etc.

Psalm 52:1-7 and **THE EMPTY CHAIR**

“Forgiveness is a choice, not a feeling. It is an act of will that leads your feelings.”

3. _____ forgiveness it in a concrete way (engaging your will to forgive).

- Write down on tiny paper pieces, dropping ea into the trash, “I choose to let this go and forgive you.”

- Hold out your hands, “I release the right to punish you for _____, I now let go of this.”
- Picturing a write-board with offenses cataloged, “I erase this _____ and forgive you.”
- Seeing this burden on their shoulders, “I remove this _____ (and its weight) from you and forgive you.”
- Standing in the ocean with your hands in the water, “I wash away this _____ and let it go.”
- With a cache of IOU-debts in-hand drop them one-at-a-time into a fire, “I release you and cancel your debt of _____. I forgive you.”
- Outside a prison cell with keys, inserting them in the lock, “I choose now to release you from the prison I have held you in for _____, and forgive you.”
“Forgive us the wrongs we have done as we ourselves release forgiveness to those who have wronged us.” **Matthew 6:12** TPT
“I choose to forgive you for _____.” Be specific.
- 4. _____ as often as needed until forgiveness is fully released.
“Lord, how many times must I forgive my brother or sister who sins against me? As many as seven times?”
“I tell you, not as many as seven,” Jesus replied, “but seventy times seven.” **Matthew 18:21-22** CSB
- 5. _____ with someone safe to help.
(James 5:16)