

Session 7 – Forgiveness

I. Evidence of Forgiveness

Unresolved Hurt and Anger will result in:

Ephesians 4:31

II. The Freedom of Forgiveness

Forgiveness releases:

Ephesians 4:32

III. The Pre-forgiveness process

- A. Recognize personal responsibility
- B. Ask the Holy Spirit to search your heart
- C. Understanding what forgiveness is not.
- D. Ask the Holy Spirit to empower you to forgive

IV. The Forgiveness Process

- A. Acknowledge the hurt
- B. Acknowledge the feeling
- C. Release the person
- D. Accept the person unconditionally
- E. Be willing to risk being hurt again

Jeremiah 31:34

V. Walking in Forgiveness

Isaiah 43:25