

## FREEDOM THROUGH FORGIVENESS

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### **Forgiveness of others who have wronged us is the most misunderstood concept in life.**

We think forgiving others is an option that allows the other person to get off freely. Nothing could be more untrue. Unforgiveness is like drinking poison every day thinking we will become better.

Forgiving others **is not an option for a Christian**, according to God's Word. It is a **MUST** if we want to have the fruit of the Spirit (love, joy, peace, patience, goodness, kindness, gentleness, faithfulness and self-control) in our lives (Galatians 5:22). In Matthew 6:14-15 and Mark 11:25-26, God declares that our own forgiveness is held up until we forgive others. Jesus tells us in Matthew 18:21-22 that we are to extend unlimited forgiveness.

Jesus states in very plain terms in Luke 6:27-35 and Matthew 5:44 that we are to love our enemies and bless those who hate us. As we experience the power of forgiveness, it will become part of our lives.

### **To forgive anyone who has hurt, angered, or disappointed you, remember these 4 Principles:**

1. **Forgiveness is an act of the will**, a decision, a choice we make to obey God (Proverbs 16:32). Since it is an act of the will, feelings are not necessary for the forgiveness to be valid in God's eyes. If not immediately, eventually we will have new feelings for that person.
2. **We forgive because WE need to let go** of our bitterness, resentment, rejection, etc. Unforgiveness binds us with negative attitudes, words, and actions far more than the other person is affected. Also, there are times we must forgive someone who has died or God - NOT because they need it (and in God's case not because He was wrong. He is perfect). Rather we forgive them because we need to release these negatives so we are not hindered in our walk with the Lord as Paul mentions in Hebrews 12:14-15.
3. **The time to forgive someone is as soon as we have been hurt, angered, or disappointed**. If grudges have been carried towards people in our past, give them up now (Ephesians 4:22-32). It is not up to us to avenge ourselves as born again believers or judge others (Luke 6:36-37 & Romans 12:18-21).
4. **Anyone in your life can be forgiven**, parents, brothers, sisters, spouses (ex and present) children, relatives, teachers, bosses, friends and enemies (dead or alive). The Lord does not desire us to go through life carrying a heavy load. He made provision for us to walk in freedom (Galatians 5:1 and John 8:36).

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## The Process of Forgiveness

### A Few Guidelines/Suggestions:

- You may use the want to use your Loss History/Inventory, Stress Test, or Strongholds Chart below as a guide of who and what to pray through
- You can make a list of the men and women who have hurt you
- Men, first pray through the women on your list
- Women, first pray through the men on your list
- **The prayers below are given as guides, NOT a magic formula which must be repeated word for word**

### How to Pray:

1. Forgive the person you are praying for about anything he/she has ever done to hurt, anger, or disappoint you.  
**Pray:** **"Father, by an act of my will, I choose to forgive name of person for specific things."**
2. Say whatever comes to your mind for this person. When no more comes easily to your mind, wait a few minutes to see if God shows you any other hurts this person has caused you. Some things may sound silly and insignificant. Say them anyway. God does not bring things up that are of no importance.  
**Pray:** **"I forgive \_\_\_\_\_ fully and completely and I choose to love him/her with God's love. Father, I release \_\_\_\_\_, so You can go to work in his/her life."**
3. Ask God to show you if you need to forgive Him for anything in connection with this person. If so, pray as above. End with,  
**Pray:** **"I choose to forgive You, Lord, and to love You."**
4. Ask God to forgive you all your wrong attitudes, actions, and words to or about this person or Him. Again, wait a few minutes to see if God will reveal anything else to confess. When no more comes to mind,  
**Pray:** **"Father, I receive and accept Your forgiveness, in Jesus' name."**
5. **Forgive yourself.**  
**Pray:** **"Father, I also forgive myself for my part in the problems I've had with \_\_\_\_\_."**
6. **Break strongholds** that have formed or have been "fed" by your problem with this person (see list below). Strongholds can be recognized by the way they will automatically trigger a certain feeling or reaction in you. Strongholds could be: anger, violence, lust, manipulation, control, rejection, resentment, bitterness, guilt, condemnation, fears, etc. A stronghold begins when you leave sin unconfessed and refuse to forgive. This becomes a way Satan can get a foot in the door of a weak area of your personality. Then, even when you do confess this sin, say lust for example, it remains a constant problem though you no longer want it in your life. Nine times out of ten, when you see an attractive person, your thoughts are immediately lustful and you indulge yourself. Nagging condemnation usually accompanies a stronghold, even after confession. You feel powerless to change, no matter how much you confess and how hard you try to stop. To break a stronghold,  
**Pray:** **"In Jesus name and by the authority He has given me, I break all strongholds between \_\_\_\_\_ and me, from me to \_\_\_\_\_, and from \_\_\_\_\_ to me. I choose to come under the control of the Holy Spirit instead of being attacked by the enemy. Holy Spirit, show me the way out of these wrong patterns in my life. I want you to deal with me and bring me into right order and relationship in each of these areas that Jesus may be glorified in and through my life."**
7. Ask the Lord to come and heal you.  
**Pray:** **"Father, I ask you to come and heal all my memories and emotions connected with \_\_\_\_\_. Thank you for doing this for me and giving me the victory. Amen."**

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## STRONGHOLDS

The following lists of strongholds are grouped under 5 main “captions” for convenience. Problems in the spiritual realm may move back and forth in these groups. (See “5 & 6” above for breaking strongholds.)

All strongholds start out as sin. When left unconfessed repeatedly, the stronghold takes hold and an automatic trigger sets up a pattern in a life. It is only when we see the pattern that we know a stronghold exists.

We are talking about a stronghold - areas of the personality held hostage by the enemy through our permitting him to get and keep his “foot in the door” of our life.

ANGER	LUST	DESPAIR	REBELLION	FEAR
AGITATION	ADDICTIONS	BITTER SORROW	ARGUING	ANXIETY
BACKBITTING	ADULTERY	CONFUSION	ARROGANCE	COMPROMISE
BELITTLING	ALCOHOL	DEFEAT	BICKERING	CONTROL
BETRAYAL	COMPULSIONS	DEPRESSION	CONTENTION	DECEPTION
BITTERNESS	COVETING	DISCOURAGEMENT	CULTS	DISTRUST
CONDEMNATION	DRUGS	EMOTIONAL APATHY	DISOBEDIENCE	DOMINANCE
CRITICISM	ENVY	ESCAPE	ENVY	FEAR OF FAILURE
CRUELTY	EXPOSURE	FALSE BURDEN	FALSE DOCTRINE	FEAR OF REJECTION
CURSING	FANTASY LUST	FATIGUE	FIGHTING	INFERIORITY
FRUSTATION	FORNICATION	GLOOM	HAUGHTINESS	INSECURITY
HATRED	GLUTTONY	GRIEF	HYPOCRACY	INTIMIDATION
IMPATIENCE	GREED	GUILT	IDOLTRY	JEALOUSY
INTORERANCE	INCEST	INDIFFERENCE	LEGALISM	LONELINESS
IRRITABILITY	MANIA	LAZINESS	OCCULT ACTIVITIES	LYING
JUDGEMENTAL	MASCOCHISM	NEGATIVISM	PREJUDICE	MANIPULATION
MOCKERY	MASTURBATION	PASSIVENESS	PRIDE	PEOPLE PLEASING
MURDER	MOLESTATION	SADNESS	PSYCHIC	PERFECTIONISM
NAGGING	PERVERSION	SELF REJECTION	QUARRELSOME	PHOBIAS
OBSCENITY	RAPE	SELF CONDEMNATION	RATIONALIZE	PERSECUTION
RAGING	SADISM	SELF PITY	RELIGIOUS	PHOBIAS
REJECTION	SEDUCTION	SHAME	SELF DECEPTION	POSSESSIVENESS
RESENTMENT	STEALING	SELF REJECTION	SELF RIGHTEOUS	PROCRASTINATION
REVENGE	WHORING	SELF CONDEMNATION	SKEPTICISM	SUSPICION
SCAPEGOAT		SELF PITY	STUBBORNESS	TENSION
SELF-DESTRUCTION		SHAME	UNBELIEF	VACILLATION
UNFORGIVENESS		SPIRITUAL APATHY	UNGRATEFUL	WORRY
VIOLENCE		SUICIDE	UNTEACHABLE	
		UNWORTHINESS	WITCHCRAFT	
		WOUNDED SPIRIT		

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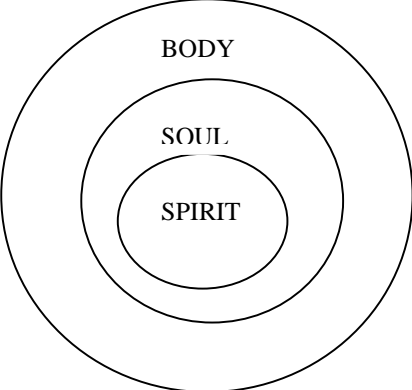
**Dr. Diane McIntosh**

## X-SYNDROM: How to properly deal with hurt and pain

SIX BASIC A'S LEGIT NEEDS	Your HURT=X	GOD'S RESPONSE	OR	PERSONS RESPONSE THINK	FEEL	BECOME	ILLEGIT WAYS TO MEET LEGIT NEEDS ADDICTIONS
ATTENTION		RESTORATION		REJECTION	FEAR or	GOOD	ARROUSAL: lust, perversion
AFFILIATION		FORGIVENESS		ETC.	ANGER	CARETAKER	SATIATE: alcohol, drugs, food, work, school
APPROVAL						REBEL	FANTASY: novels, daydream
AFFECTION						LOST	
AUTHORITY						DEPENDENT	
ANNOINTING							

- What do you do with the hurt? **Turn to God and ask for forgiveness OR use illegitimate ways to meet God made legitimate needs.**
- If we use illegitimate ways to meet legitimate needs we need to repent and ask God for forgiveness for those who have caused the hurt so God can begin to meet the needs.
- To break the cycle: When the hurt is caused we need to go directly to God, forgive those who have hurt us, and ask the Holy Spirit to reveal how He can meet our need.

### SPECIFIC ISSUES

PROBLEM	PERSON'S RESPONSIBILITY	GOD'S PROVISION
HURT	GO TO GOD	JEHOVAH NISSI-Banner of Protection JEHOVAH RAPHA- Healer JEHOVAH JIRA-Provider More name go to "The Name Thing" Tab, "His Name" 1 <sup>st</sup> "Go" Button
		BODY – ACTIONS SOUL – MIND, WILL, EMOTIONS SPIRIT – GOD'S VOICE God's voice is filtered through our mind, will, emotions, prejudices, etc. This filter determines the actions we will take. Example: The Spirit of God asks us to forgive someone; our soul rationalizes why we should not; our body/mouth does not ask for forgiveness because our soul rationalized it was not my fault. Therefore, we are disobedient to the Spirit of God. Listen to Him and Forgive!