



# Freedom Through Forgiveness

**Forgiving Ourselves**  
**Romans 12:16-21**

# Resources Used in Series

- The Bible – particularly the NT.
- *Total Forgiveness*, R T Kendahl
- *Forgive and Forget*, Lewis Smedes



1. Forgiveness begins with an “accounting” of the condition of my heart. Are there any “hard” places, whatever the source?

- Rom 12:17, Never pay back evil for evil . . .
- Rom 12:19, Never take your own revenge...
- 1 Cor 13:5, ... love keeps no record of wrongs suffered...



**H**

# Forgiveness Steps.

**E**

**Hurts must be identified, measured.**

**Write them down.**

**Bad emotions must be put away, replaced.**

**Free myself from the burden of revenge.**

**L**

**Let my offender go.**

**Yield the space to the Holy Spirit.**

**P**

**Pray for my healing.**

**"Heal my wounded heart, Jesus."**

**Send blessings on my offender.**

**Just like Christ from the cross!**

**S**



2. Forgiveness requires an honest assessment of whether we “wish to get well.”

- V 12:17-18. Does “anyone” include myself?
- Heb 12:15
- John 5:6, “. . . Do you wish to get well?”

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3. Because *I would be* the *recipient* of forgiveness does not change Christ's command for me to extend it.

*“A conscious act of obedience unto Jesus to release [myself] from a wrong or hurt committed [by me].”*

I must let myself “off the hook” so I can embrace the total grace of Jesus.

Consider: *Rom 8:1, John 5:24, 2 Cor 5:17, Rom 5:1, Heb 12:15*



4. My will opens my heart to the “touch of Jesus.” Only Jesus heals. His touch is not a one-time event, but a life-long process.

Mk. 5:28 For she thought, "If I just touch His garments, I will get well." (NAU)

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- Next steps.
- Take the “HELPS” tool and process an area of your heart where unforgiveness is tucked away.