

Soul Healing Love and Forgiveness

Forgiveness is the Cornerstone of the Christian Faith

Forgiveness is not a natural response.

It is human nature to rehearse wrongs

This rehearsal continues to program the amygdala with negative emotions that prevent healing. Proverbs 23:7 says, "As a man thinketh in his heart so is he."



What Forgiveness is Not

- Exoneration
- Circumventing Justice
- Denial
- Excusing
- Toleration
- Conditional
- Forgetting
- Being a martyr
- Spiritualizing it Away
- Always Reconciliation
- A Feeling

What Forgiveness Is

- Releasing resentment
- Dismissing their debt
- Letting go of what you desire for the offender
- Releasing your right to dwell on the offence
- Is a decision
- Is a Biblical command

RELEASE SURRENDER CHOOSE OBEY WAIT FOR GOD'S HELP

What is the Cost of Unforgiveness

- Sin James 4:17
- Captivity Acts 8:23
- Bitterness Hebrews 12:15
- Lack of Freedom Eph. 4:26-27
- Lack of Forgiveness Matt. 6:14-15

Forgiveness is a Marathon not a Sprint

Forgiveness is a gift you give yourself

How to Forgive

- Feel the offence
- Take the offence to the Lord
- Ask the Lord to give you his forgiving grace and power
- Pardon your offender in order to stop negative rehearsals of wrongs and free yourself
- Release the thought to rehearse wrongs
- With God's help pray for your offender

Prayer to Forgive your Offenders:
