

## Freedom Tool 1: Forgive Others and Forgive Yourself

### Key Scriptures and Concepts:

- **Matthew 18:21-38, Luke 6:27-42**
- **Unforgiveness:** Demanding another give back what he or she has taken and maintaining a separation until the score is settled. Drinking poison hoping it will hurt another who has hurt us. Clues we have not forgiven: replaying the story in our head, resentment, bitterness, offense, separation, not choosing the presence of the other, gossip, or revenge.
- **Forgiveness:** Relieving the other of the debt owed. Stop demanding payment. Stop seeing the other person as the one who must cough up the goods before we can be whole/well/happy/successful/free. We must know that Jesus can meet our needs that the other was unable to meet. We must turn from another whom we had demanded to meet our needs toward Jesus who can satisfy this unmet need. End the separation between you and another; receive the other back to your heart. We must end the situation where God's hands were tied to meet our needs.
- Forgiveness begins with a decision, and is a work of the heart. Holy Spirit can be counted on to change our hearts when we ask Him to help. We know we have forgiven when we feel love and compassion toward the one who has hurt us.



### Practice Application:

- Search our hearts for those we need to forgive. Do the work of forgiveness *from the heart*. Look for statements like, "If only he had ...", "Why can't she see..."
- Be specific in your prayers. Tell God what happened. Speak forgiveness. Bless the other person from your heart. Ask God to bless him or her.
- We might need to go ask the other person to forgive us for holding unforgiveness in our hearts.
- Do you need to ask someone to forgive you for a wrong? Take care of that before you move forward with healing.
- Forgive yourself. Be specific. **Acts 10:15:** Don't call unclean what God has called clean.
- Forgiveness is a contract made in the heavenly realms that God can use to bless us.

### Sample Prayer of Repentance for Unforgiveness:

Father God, in the name of Jesus Christ of Nazareth, I repent for and renounce:

- Generational bitterness toward God, self, and others in my family line and in my life
- Unforgiveness
- Resentment
- Retaliation
- Anger/wrath
- Hatred
- Violence
- Murder, including murder with the tongue
- Bitterness



I take authority over these things and cast them out in the name of Jesus Christ of Nazareth.

Father God, in the name of Jesus Christ of Nazareth, I forgive \_\_\_\_\_ for \_\_\_\_\_. I know you have already forgiven this person. I ask you to forgive me for holding unforgiveness toward him/her. I ask you now to set me free from the power of unforgiveness in my life.

### Sample Prayer of Repentance for an Unloving Spirit – Not Forgiving Myself

Father God, in the name of Jesus Christ of Nazareth, I repent of and renounce not forgiving myself. At this time I set myself free from the sin or mistake of \_\_\_\_\_. I will no longer hold that debt against myself. I take authority over and renounce an unloving spirit in any of these forms:

|   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Generational unloving spirits</li><li>• Self-bitterness</li><li>• Self-unforgiveness</li><li>• Self-resentment</li><li>• Self-retaliation</li><li>• Self-anger and wrath</li><li>• Self-hatred</li><li>• Self-violence</li><li>• Self-murder, including murder with the tongue</li><li>• Self-pity</li><li>• Self-rejection</li><li>• Self-doubt</li><li>• Self-unbelief</li><li>• Self-questioning</li><li>• Self-loathing</li></ul> | <ul style="list-style-type: none"><li>• Self-torment</li><li>• Self-sabotage</li><li>• Self-annihilation</li><li>• Self-accusation</li><li>• Self-condemnation</li><li>• Perfectionism</li><li>• Shame</li><li>• Guilt</li><li>• Fear of self</li><li>• Fear of failure</li><li>• Fear of man</li><li>• Fear of rejection</li><li>• Fear of abandonment</li><li>• Self-idolatry</li><li>• Self-abuse</li><li>• Victimization coming out of the unloving spirit</li></ul> |
|---|--|

I take authority over the spirit of unloving and cast you out in the name of Jesus Christ of Nazareth.