

## WALK IT OUT DURING THE WEEK:

Pray and ask God to show you the names or events you may need to forgive. Ask the Holy Spirit to empower you to choose truth and forgiveness and then proceed.

Spend a few minutes writing out a prayer of thanksgiving for God's grace to forgive. Ask the Father how he feels toward your choice to forgive. Record what you hear or sense him saying to your heart.

**FORGIVENESS PRAYER:**  
LORD JESUS, APART FROM YOU I AM POWERLESS TO FORGIVE. MY FLESH WANTS VENGEANCE. I AFFIRM THAT IT IS NOT MY RESPONSIBILITY TO AVENGE AND BY CHOOSING TO TAKE MY OWN REVENGE I HAVE GIVEN GROUND OVER TO THE ENEMY BY MY UNWILLINGNESS TO FORGIVE. SO TODAY, I LAY DOWN MY RIGHT TO AVENGE. IT IS JESUS' RESPONSIBILITY TO AVENGE. JESUS IS THE ONE RIGHT-EOUS AND JUST JUDGE AND DEFENDER. I DECLARE THAT I WILL OVERCOME THROUGH GOD'S LOVE AND THE BLOOD OF JESUS

WORKING THROUGH ME.  
I PLACE MY OFFENDER  
INTO THE HANDS OF JESUS  
AND I GIVE UP ANY RIGHT  
TO HARBOR ANY RESENT-  
MENT TOWARD HIM/HER.

BY THE BLOOD OF JESUS, I  
CUT OFF ANY UNGODLY AT-  
TACHMENT TO MY OF-  
FENDER IN JESUS NAME.  
I TURN \_\_\_\_\_  
(NAME) COMPLETELY OVER  
TO YOU AND DECLARE  
YOUR BLESSING ON  
HIS/HER LIFE.

GIVE ME THE GRACE TO  
RENEW MY MIND AS I RE-  
FUSE TO DWELL ON  
FEELINGS OF HURT, PAIN,  
ANGER AND RESENTMENT. I  
BRING MY EMOTIONS INTO  
ALIGNMENT WITH MY  
CHOICE TO FORGIVE. I  
WILL BE GOVERNED BY  
COMPASSION, NOT MY  
PAIN! I WILL BRING MY  
PAIN TO YOU FOR HEAL-  
ING. YOU ALONE CAN  
HEAL MY BROKEN HEART.  
THANK YOU LORD FOR  
YOUR GRACE THAT  
ENABLES ME TO LIVE IN  
FREEDOM!

IN JESUS AMAZING AND  
POWERFUL NAME, AMEN!



Lake Highlands Church  
February & March 2018

Week No.

8

WALK IT OUT!

# freedom

WEEK EIGHT: THE GRACE CYCLE

## WALK IT OUT IN LIFE GROUPS: Begin your lifegroup meet- ing by praying together.

- \* Pray for a greater understanding of the grace God has extended to his children.
- \* Pray for a deepening desire to personally demonstrate to others the grace of God.
- \* Pray into the kingdom principle: freely you have received therefore freely give.
- \* Pray for the strength to press past any cost in extending the grace of God to others.
- \* Pray for the ability to fully receive the grace God generously gives to us.

\* Pray for God to reveal any areas of judgment and for the grace to lay down any right you believe you have to demand judgment.

## Look at "the grace cycle" chart on the next page.

When we encounter sin we make a choice to either deal with it according to the kingdom of darkness or the kingdom of God.

## Umm, this might be difficult:

1. Ask God to bring to your mind the name of a person who has hurt you. Someone you would be blessed to extend grace to.
2. With that name, go before the Lord with your pain and hurt. Ask the Spirit to heal

# the grace cycle

sin + Jesus  
authority to heal

encounter God  
with your pain

align with  
Heaven

offense

forgive

break judgment

bless

your heart towards this person.  
(What we really need when we  
are hurt by sin is an encounter  
with Jesus.)

3. Break any judgments or of-  
fense against this person. (The  
enemy loves to entangle us  
through offense.)

4. Ask the Spirit to help us not  
try to take the Spirit's place in  
someone's life. Our job is not  
to convince and convict. That  
is the job of the Holy Spirit.

5. Ask the Lord to give you his  
vision of how he sees that per-  
son and align your heart with  
God in order to bless and re-  
lease grace over their lives.

## Get in groups of no more than four:

1. Take turns praying over each  
person for the grace to forgive  
the person God brought to  
mind in the grace cycle.
2. Pray for each person to bring  
their pain to Jesus for healing.  
He alone brings our healing.  
(An apology is good but  
doesn't bring our healing. Jesus  
does.)
3. Pray for the Spirit to help us  
not just forgive but to bless  
those who have sinned against  
us.

## WALK IT OUT: PROCESS WITH YOUR KIDS

**2 Videos** (LHC website or  
YouTube/search Merilee With-  
row): Freedom Video 8  
Forgiveness & Grace Cycle  
AND Review Freedom Decla-  
rations with Harper

**Declaration:** I say YES to  
FREEDOM when I “let go” and  
allow God to help me forgive,  
remember that I am forgiven,  
and have eyes of grace.

**Scripture:** Micah 7:18-19

**2 Songs:** Forgiveness  
(Matthew West); You Forgive  
Me (Group Publishing)

## Questions:

- \* What does it mean to forgive  
someone?
- \* Why is it important to “let  
go” and give God control of our  
attitude and healing?
- \* What is the grace cycle?