#### 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 RE-SPONSIBILITY TO AVENGE AND BY CHOOSING TO TAKE MY OWN REVENGE I HAVE GIVEN GROUND OVER TO THE ENEMY BY MY **UNWILLINGNESS TO FOR-**GIVE. SO TODAY, I LAY **DOWN MY RIGHT TO** AVENGE. IT IS JESUS' RE-SPONSIBILITY TO AVENGE. **IESUS 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

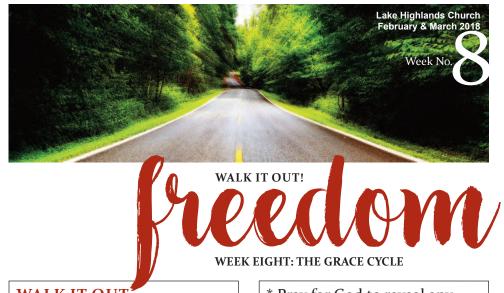
WORKING THROUGH ME.
I PLACE MY OFFENDER
INTO THE HANDS OF JESUS
AND I GIVE UP ANY RIGHT
TO HARBOR ANY RESENTMENT TOWARD HIM/HER.

BY THE BLOOD OF JESUS, I
CUT OFF ANY UNGODLY ATTACHMENT TO MY OFFENDER 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!



WALK IT OUT
IN LIFE GROUPS:
Begin your lifegroup meeting 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 + Jessus
authority to heal

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 offense 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 person and align your heart with God in order to bless and release 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 Withrow): Freedom Video 8 Forgiveness & Declarations 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?