

FORGIVENESS BIBLE STUDY

- I. WHAT DOES JESUS SAY ABOUT OUR WILLINGNESS TO FORGIVE IN THESE VERSES?
Matthew 5:21-26

Matthew 6:12-15

Matthew 18:21-35

Mark 11:24-26

Luke 6:37

- II. WHAT DO THESE VERSES SAY ABOUT FORGIVING OTHERS?
II Corinthians 2:5-11

In verse 11, what role does Satan play in our unwillingness to forgive someone?

- III. WHEN WE DO NOT FORGIVE SOMEONE AND BECOME BITTER TOWARD THEM, WHAT AFFECT DOES THAT HAVE ON US AND ON THE PEOPLE AROUND US? Hebrews 12:15

- IV. AS YOU WERE DOING THIS STUDY, WHO DID GOD BRING TO YOUR MIND THAT YOU NEED TO FORGIVE? TAKE THESE STEPS TO FORGIVE THEM:

1. Write down the person(s) name and write down what they did to hurt or offend you.
2. Pray the following prayer for each person: "Dear Heavenly Father, I choose to forgive (name of the person) for (what they did or failed to do), because it made me feel (name the painful feelings, for example, rejected, dirty, worthless, etc.).
3. After you have forgiven every person for every painful memory, then pray as follows: Dear Lord Jesus, I choose not to hold on to my resentment, I relinquish my right to seek revenge and I ask you to heal my damaged emotions. Thank you for setting me free from the bondage of my bitterness. I now ask You to bless those who have hurt me. In Jesus' name. Amen.