

5 Motivations and 10 Steps to Freedom

<http://blog.healingstreamsusa.org/forgive>

5 Biblical Incentives to Forgive

- ✓ **Your own freedom.** Unforgiveness brings torment by binding hurt, hardness and heaviness to our hearts. It also blocks answers to prayer, even prayers for healing.
- ✓ **They don't know what they are doing.** Jesus said it, so it's true. Let it work for you.
- ✓ **Humble yourself.** See your own sinfulness and it is easier to release others.
- ✓ **Get compassion for them.** God looks past the sin to see the wounds. Do likewise.
- ✓ **Let Jesus gain the inheritance He died to receive**—forgiveness for *all* sinners.

What Forgiveness Is Not (7 Misconceptions)

- 1) **It is not a feeling.** It is a choice, an act of the will, not a feeling.
- 2) **It is not glossing over.** It sees sin as sin and then forgives the person.
- 3) **It is not replaying the event.** It does not keep score, or dwell on the memory.
- 4) **It is not excusing.** Reasons don't excuse wrongs; our reason for forgiving is obedience.
- 5) **It is not a reward.** Christian forgiveness is mercy based, not justice based. It's a gift.
- 6) **It is not a divine pardon.** We give the person to God hoping He will help them repent.
- 7) **It is not blindly trusting.** Forgiveness creates no obligation to trust the offender.

What Forgiveness Is

Forgiveness is giving your pain, the injustice and the person to God and trusting Him with it all—with why He allowed it and with how He will redeem it.

10 Steps to Forgive

- 1) **Seek grace.** Ask God to help you by the power of His Spirit to make a real commitment of your will to do His will. If you really want to obey Him, He will empower you.
- 2) **Acknowledge the pain.** Sin hurts. Sin is injustice. It is wrong. It grieves God and us.
- 3) **Ask God to forgive them.** Really mean it. He already does, but you need to express it.
- 4) **Ask God to catch the thief.** Commit the real Enemy to God for His justice.
- 5) **Ask God to forgive you** (for judging them): Believe that He has and gratefully receive it.
- 6) **Choose to forgive them.** Pray it and say it by an act of your will; put your heart in it.
- 7) **Choose to forgive yourself** (for prolonging the pain). Accept it. Release the pain.
- 8) **Choose to believe God's promise.** He will make even this work for good. Rejoice in it.
- 9) **Pray for them.** Ask for them all of the blessings you would like God to bestow on you.
- 10) **Thank God by faith** for His wisdom and goodness in all He allows. Re-surrender.

Forgiveness means being open to loving and even liking the other person, accepting them just as they are, just as we would desire to be accepted and loved if we were them. It means releasing them, setting them free, letting them go, letting them be themselves.

And setting our own hearts free in the process!



Email: info@forerunners4Him.org
Web: www.forerunners4Him.org

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