

# GREENBOOK

*A resource to help you experiencing  
freedom in your life, mind, and heart.*

*A Resource of*

**FRESHSTART™**

*A Ministry Focused On Helping You Process Through  
And Resolving the Issues of Offense, Hurt, and Loss in Your Life.*

*Guard your heart above all else, for it determines the course of your life.*  
**(Proverbs 4:23 NLT)**

Using the analogy of water, if your heart was the only water source from which others could drink, how healthy would they be? How healthy would you be?

But ultimately, all of us have been affected by someone or something that has poisoned and polluted our source of life. And, for some of us, we've polluted and poisoned ourselves with unforgiveness or bitterness. But in all circumstances we can still can have a fresh start.

It is our prayer that as you process through the issues of your heart by writing out your responses to the questions on the following pages, that you will be able to be free from your past, come to thrive in the present, and look forward to a hope-filled future!

**Also, remember the Ultimate Fresh Start on the last page.** For your process to lead to true freedom, and a forgiven and forgiving lifestyle, it will be imperative that you experience the ultimate Fresh Start prior to *Part IV – Forgive & Release*. Otherwise, you will not be able to give away what you haven't received or experienced.

Remember, it's **NEVER TOO LATE!**



# OFFENSE, HURT, AND LOSS

*Psalm 26:2 NASB Examine me, O LORD, and try me; Test my mind and my heart.*

*Who or what has offended you, hurt you, or wounded you in an unhelpful, cruel, or abusive way?*

*Who or what have you lost that has created pain, turmoil, or lasting negative affects (beliefs, lifestyles, etc.) in your life?*

**Begin by identifying areas of offense, hurt or loss in your life. Be specific regarding the person(s) or situations involved.**

**For example:**

- People who have rejected you in some way, and how.
- People or situations where you have been violated or abused.
- A divorce or separation in your life or a couple close to you.
- Conflicts involving family, friends, work, church, or others.
- Loss of career or job, health, dream, or significant possession.
- Loss of a relationship do to conflict, separation, divorce or death.
- Other

**Choose one of the above offenses, hurts, or losses to “process” at this time.**

*The offense, hurt, or loss is:*

*The offending person is (if applicable):*

## AFFECT & RESPONSE

*Psalm 139:23-24 NLT Search me, O God, and know my heart;  
test me and know my anxious thoughts. Point out anything in me that offends you,  
and lead me along the path of everlasting life.*

*How have you been affected by this particular person or situation?*

**How has this specific offense, hurt, or loss affected you?** Use the following list of words and questions to help guide, direct, and articulate your thoughts and feelings regarding the specific offense, hurt, or loss.

<i>Rejected</i>	<i>Hopeless</i>	<i>Angry</i>	<i>Judged</i>	<i>Failure</i>
<i>Abandoned</i>	<i>Helpless</i>	<i>Bitter</i>	<i>Guilty</i>	<i>Dumb</i>
<i>Unwanted</i>	<i>Out of Control</i>	<i>Rage</i>	<i>Unclean</i>	<i>Stupid</i>
<i>Lonely</i>	<i>Distrustful</i>	<i>Hate</i>	<i>Dirty</i>	<i>Worthless</i>
<i>Unloved</i>	<i>Anxious</i>	<i>Resentful</i>	<i>Shamed</i>	<i>Insecure</i>
<i>Sad</i>	<i>Fearful</i>	<i>Depressed</i>	<i>Ugly</i>	<i>Inadequate</i>
<i>Unprotected</i>	<i>Betrayed</i>	<i>Used</i>	<i>Fat</i>	<i>Inferior</i>
<i>Trapped</i>	<i>Condemned</i>	<i>Jealous</i>	<i>Loser</i>	<i>Victimized</i>

*What have your thoughts and feelings been toward the person or regarding the situation? What specific responses have you done toward this person or situation? What have you said, thoughts or believed about the person or situation? What decisions have you made because of this person or situation?*

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## POUR OUT YOUR HEART

*Psalm 62:8 NLT O my people, trust in him at all times.  
Pour out your heart to him, for God is our refuge.*

*Psalm 142:1-2 NLT I cry out to the LORD; I plead for the LORD's mercy.  
I pour out my complaints before him and tell him all my troubles.*

*Psalm 116:17 NLT I will offer you a sacrifice of thanksgiving  
and call on the name of the LORD.*

**Pour out your heart to the Lord. Write in the space below exactly how you feel, expressing your unmet desires to the Lord as well as your current desires. Finally, give thanks to the Lord for the situation and circumstances, and that you are willing to accept however he wants to use it in your life for his purposes and for your good.**

*Lord, this is how I feel... This is my unmet desire... This is my current desire...  
And I choose to thank you for...*

## FORGIVE & RELEASE

*Matthew 18:21-35 NLT* Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” “No, not seven times,” Jesus replied, “but seventy times seven! Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn’t pay, so his master ordered that he be sold – along with his wife, his children, and everything he owned – to pay the debt. But the man fell down before his master and begged him, ‘Please, be patient with me, and I will pay it all.’ **Then his master was filled with pity for him, and he released him and FORGAVE HIS DEBT.** But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and **demanding instant payment.** His fellow servant fell down before him and begged for a little more time. ‘Be patient with me, and I will pay it,’ he pleaded. But his creditor wouldn’t wait. He had the man arrested and put in prison until the debt could be paid in full. When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, ‘You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?’ Then the angry king sent the man to prison to be tortured until he had paid his entire debt. That’s what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.” *(Emphases mine)*

**Write out your confession of unforgiveness (Demanding instant payment) to the Lord along with related wrong attitudes and/or responses.** Choose to forgive the person who has hurt or offended you. **FORGIVE THE DEBT!**

**Express your decision to forgive the person who has hurt or offended you (this person may be yourself), along with the specific hurts or offenses that you are forgiving and releasing.** Entrust the person or situation to the Lord. Vocally pray for the person or situation.

Dear Lord,...



# THE ULTIMATE FRESH START

*Psalm 40:8 NLT I take joy in doing your will, my God,  
for your instructions are written on my heart.*

*Luke 13:3 NLT And you will perish, too, unless you repent of your sins and turn to God.*

THE ULTIMATE FRESH START IS ALL ABOUT A TOTAL CHANGE OF HEART, turning from a "me first" desire to do my own will, to a "Jesus First" desire to do His will. If I am sorry that my "me first" choices have led to painful consequences, and my focus is on "my misery", the Bible would call that worldly grief (repentance). And, worldly repentance will always lead to death... death of relationships, emotions, and even physical and spiritual death. But, if my attitude is one of conviction of my wrong - the wrong of putting myself (my desires, experience, and hurts) first, regardless of the consequences, and you are willing to choose and live out of a different lifestyle - the Bible would call this Godly grief (repentance). Godly repentance is always hope-filled and is life-giving.

*II Corinthians 7:10 ESV For godly grief (repentance) produces a repentance that leads to salvation (life) without regret, whereas worldly grief (repentance) produces death.*

*Your Ultimate Fresh Start can begin now!*

*1 John 1:9 ESV If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

*Romans 10:9-10 ESV ...if you confess with your mouth that Jesus is Lord (your lifestyle) and believe in your heart that God raised him from the dead (trust in Jesus sacrifice on the cross), you will be saved. For with the heart one believes and is justified, and with the mouth (lifestyle) one confesses and is saved.*

*Confess whatever forms of "me first" attitudes and lifestyles you have identified in your life: pride, jealousy, ungratefulness, unforgiveness, and the right to run your life... Tell God you have been wrong and sinned (rebelled) against Him; in all of the above ways that "me first" has been expressed in thought, word, action, or motive in your life (be specific)... Thank God for sending His son Jesus to die for all of your sins (rebellion)... Tell God you are repenting (turning from) of all these sins... Ask God to forgive you for each and every one of these sins... Tell God that you are totally giving yourself to Him; making Him Lord of your life and, as your Lord, you are yielding to Him to make any changes He wants to make in your life... Now, thank Him for His forgiveness and for His new life within you!*