



## Fresh Start to Freedom

### Becoming Relationally Free Series

Session 1	Free To Be The Real You
Session 2	Freedom From The Real Problem
Session 3	The Price Of Freedom
<i>Session 4</i>	<i>Free To Forgive</i>
Session 5	Free To Reconcile
Session 6	Free To Confront
Session 7	Free To Love And To Be Loved



3571 W. Machen Drive Wasilla, AK 99654 907-373-7910  
P.O.Box 874693 Wasilla, AK 99687 [www.churchak.org](http://www.churchak.org)

# FREE TO FORGIVE

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:32 (NIV)

## I. FREE TO FORGIVE

### A. WHAT CAUSES CONFLICT IN RELATIONSHIPS?

1. **Pride**
  - a. Proverbs 13:10
  - b. James 4:1-10
2. **Jealousy** (i.e., others receiving attention, acceptance, or approval)  
I Samuel 18:6-9 (King Saul)
3. **Wrong Desires, Words and Actions**—the lust of the flesh, the lust of the eyes and the pride of life
  - a. James 4:1-10
  - b. I John 2:16
  - c. James 3:13-16
  - d. Colossians 3:5-10

### B. WHAT DOES IT MEAN TO FORGIVE?

1. First of all, **what is unforgiveness?** - “Pay back what **you owe me.**”  
Matthew 18:21-35
2. What then is **forgiveness?** - “The servant’s master...**canceled the debt and let him go.**”
3. How to forgive:
  - a. Clearly describe to yourself, in writing, the actual offense(s) committed against you and how you believe you have been affected.
  - b. Humble yourself before God. I Peter 5:5-6. Confess your sin of unforgiveness to God, plus any other sins you have committed (in thought, word, or deed) in connection with your response to the offense.

- c. Recognize the offense as a **debt owed** to you that you are **now choosing to cancel** (Luke 7:41-43), and that Christ, the “Debt Payer” and God the Father, the “Forgiver” live in you by the Holy Spirit to supply the grace to forgive and to take the burden and the hurt of the offense from you.
  - 1) Matthew 18:21-35
  - 2) Psalm 55:22
  - 3) I Peter 5:5-7
  - 4) Philippians 2:13
  - 5) Philippians 4:13
- d. Commit the “offender” and the situation to the Lord.
  - 1) Romans 12:16-21
  - 2) Proverbs 24:17-18
- e. Realize that **forgiveness is not a feeling** but a decision. If the temptation to take up an offense ever comes again, go back to the **FACT** of your **decision to forgive**.  
  
See: “**Processing The Issues Of The Heart**”

## II. APPLICATION

Write out your responses to the six parts of “**Processing The Issues Of The Heart**” (the **Fresh Start Booklet**) to help you in forgiving another person, fully and completely, from your heart.