



## HEALING AND RESTORATION | THE FREEDOM OF FORGIVENESS PART 1

### LESSON NOTES

1. Forgiveness does not make them \_\_\_\_\_, it makes you \_\_\_\_\_.
2. There is a \_\_\_\_\_ set before you, and there will be \_\_\_\_\_ that you have to throw aside and get rid of if you want to finish your race.
3. You can't run your race with \_\_\_\_\_.
4. \_\_\_\_\_ is a weight that needs to be thrown aside in order for you to live out God's plan for your life.
5. Anything that you haven't dealt with gets stored up on the \_\_\_\_\_ of you.
6. What is in your \_\_\_\_\_?
7. One definition of the word "forgive" actually means \_\_\_\_\_.
8. \_\_\_\_\_ means a feeling of deep and bitter anger and ill-will.
9. You are in a \_\_\_\_\_.
10. You cannot think that \_\_\_\_\_ had anything to do with the pain you've been through in your life. God does not inflict pain on His children.
11. The things you've been through in your life are not \_\_\_\_\_.
12. Your war is not with people, it's with \_\_\_\_\_.
13. Consequences of Unforgiveness:
  - a. Number 1: God \_\_\_\_\_ you.
  - b. Number 2: You'll \_\_\_\_\_ yourself.
  - c. Number 3: Your \_\_\_\_\_ won't work without forgiveness.
  - d. Number 4: Satan gets an \_\_\_\_\_ over you.
14. Forgiveness is about \_\_\_\_\_, it's not about \_\_\_\_\_.
15. Forgiveness is a \_\_\_\_\_, it's not a \_\_\_\_\_.
16. Forgive, and \_\_\_\_\_ will be forgiven.
17. Forgiveness doesn't make that person right, it makes you \_\_\_\_\_.

PART 1 KEY: 1. right, free 2. race, things 3. baggage 4. Unforgiveness 5. inside 6. baggage 7. drop it 8. Resentment 9. war 10. God 11. coincidental 12. the devil

SCRIPTURE REFERENCES: 2 Tim 1:7, Is 41:10, Phil 1:28, 1 Jn 4:18, Rom 12:2, Jude 20, Ps 34:4



## HEALING AND RESTORATION | THE FREEDOM OF FORGIVENESS PART 2

### LESSON NOTES

1. You \_\_\_\_\_.
  - a. Is what I'm talking about bringing \_\_\_\_\_ to someone else, or \_\_\_\_\_ to me.
  - b. Your \_\_\_\_\_ reveals what's in your heart.
2. You \_\_\_\_\_.
  - a. Remember their sins \_\_\_\_\_.
  - b. Start confessing that you and \_\_\_\_\_ are one in the same thing.
3. You \_\_\_\_\_.
4. You are \_\_\_\_\_ when that person who hurt you succeeds.
5. You have \_\_\_\_\_.
6. You have symptoms of \_\_\_\_\_.
  - a. If your spirit is crushed, \_\_\_\_\_ is your answer.
  - b. Those \_\_\_\_\_ in your life that are keeping you tied to an event or to a person are \_\_\_\_\_ in Jesus' Name!
7. Number 1: You got to \_\_\_\_\_ – everything begins with a decision.
8. Number 2: Pour out your \_\_\_\_\_ to God.
9. Number 3: \_\_\_\_\_ God's Word about forgiveness.
10. Number 4: \_\_\_\_\_ for that person who hurt you by name.
11. Number 5: \_\_\_\_\_ it down.
12. Number 6: \_\_\_\_\_ it out loud.
13. Number 7: \_\_\_\_\_ it up.
14. Number 8: \_\_\_\_\_
15. Number 9: Let God \_\_\_\_\_.
16. Number 10: Do it \_\_\_\_\_.
17. You will be \_\_\_\_\_ by choosing to forgive!

PART 2 KEY: 1. talk, a. encouragement, b. self-pity 2. keep record, a. no more, b. love 3. complain 4. jealous 5. unanswered prayers 6. depression or anxiety, a. God, b. chains, broken 7. decide 8. heart 9. Study 10. Pray 11. Write 12. Speak 13. Rip 14. Don't talk 15. use your pain 16. again and again 17. blessed

SCRIPTURE REFERENCES: Jn 17:4, Heb 12:1, Jn 10:10, Eph 6:12, Mt 6:14-15, Mt 18:21-35, Heb 11:15, Phil 3:13, Mk 11:22-25, Lk 6:27-28, 1 Cor 13:4-8, Mt 26, Ps 143:4, Ps 107:13-14, Ps 30:5, Ps 62:8, 2 Cor 2:10, Mt 18:15, Ecc 3:1-6, Jam 3:2, Is 43:18-19



## HEALING AND RESTORATION | THE FREEDOM OF FORGIVENESS PART 1-2

### ACTION STEPS

1. Fill your name in to replace "love" in 1 Corinthians 13:4-8. Confess daily this month.

\_\_\_\_\_ suffers long and is kind; \_\_\_\_\_ does not envy; \_\_\_\_\_  
does not parade herself, is not puffed up; \_\_\_\_\_ does not behave rudely,  
\_\_\_\_\_ does not seek her own, is not provoked, thinks no evil; \_\_\_\_\_  
does not rejoice in iniquity, but rejoices in the truth; \_\_\_\_\_ bears all things,  
believes all things, hopes all things, endures all things. \_\_\_\_\_ never fails.

2. Complete the 10 steps of forgiveness Terri describes in the lesson.