

TREXO: THE ON RAMP

Session 5 - Forgiveness

GOAL: Live a life of receiving and giving forgiveness

VERSE: Matthew 6:12

*“Pray, then, in this way:
‘Our Father who is in heaven,
Hallowed be Your name.
‘Your kingdom come.
Your will be done,
On earth as it is in heaven.
‘Give us this day our daily bread.
‘And forgive us our debts, as we also have forgiven our debtors.
‘And do not lead us into temptation, but deliver us from evil.’”*

OPENING PRAYER:

(Breathe) Heavenly Father, You have made it possible for my sins to be forgiven forever. You dealt with what I could not. You offered Your Son, Jesus, on the cross to take my penalty so that I could be forgiven. By grace, and grace alone, You have blessed me with the greatest gift possible – Your holy love. Who am I that You would do this for me? It is too much for me to contain. Help me to embrace Your forgiveness, to learn to forgive myself, and to forgive others. Let me hear from You today. In Jesus’ name, amen.¹

RECEIVE:

There are few things closer to the heart of our Father than forgiveness. He longs for His children to return to Him so that He can forgive their sins, heal them, and bless them with His life for them. He sent His Son to pay the penalty of man’s sin so that forgiveness could be available. He sends His Holy Spirit to continue Jesus’ work by cleansing us of our rebellion and giving us new hearts.

Micah 7:18-19 says,

*Who is a God like You, who pardons iniquity
And passes over the rebellious act of the remnant of His possession?
He does not retain His anger forever,
Because He delights in unchanging love.
He will again have compassion on us;
He will tread our iniquities under foot.
Yes, You will cast all their sins
Into the depths of the sea.*

God’s passion for forgiveness is so strong that immediately following the Lord’s Prayer Jesus says, “For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if

¹ Forgiveness can be highly emotional. Be particularly aware of the condition of your spirit as we walk through this. Release everything that needs to be released so that you can hear.

you do not forgive others, then your Father will not forgive your transgressions.” Jesus could have returned to any of the themes of the Lord’s Prayer or He could have gone on to talk about something else. He returns to forgiveness. When we are born again we learn to become forgiving people. No matter what kind of people we were before, God makes us people who forgive. Forgiveness is so much a part of the nature of our Father that if we do not forgive others He will not forgive us.

Jesus teaches a parable about forgiveness in Luke 7:40-50. Read through this passage and then write what the Spirit is showing you about forgiveness.

And Jesus answered him, “Simon, I have something to say to you.” And he replied, “Say it, Teacher.” “A moneylender had two debtors: one owed five hundred denarii, and the other fifty. When they were unable to repay, he graciously forgave them both. So which of them will love him more?” Simon answered and said, “I suppose the one whom he forgave more.” And He said to him, “You have judged correctly.” Turning toward the woman, He said to Simon, “Do you see this woman? [A prostitute who entered Simon’s house and was washing the feet of Jesus with her tears.] I entered your house; you gave Me no water for My feet, but she has wet My feet with her tears and wiped them with her hair. You gave Me no kiss; but she, since the time I came in, has not ceased to kiss My feet. You did not anoint My head with oil, but she anointed My feet with perfume. For this reason I say to you, her sins, which are many, have been forgiven, for she loved much; but he who is forgiven little, loves little.” Then He said to her, “Your sins have been forgiven.” Those who were reclining at the table with Him began to say to themselves, “Who is this man who even forgives sins?” And He said to the woman, “Your faith has saved you; go in peace.”

What do you learn about forgiveness from this passage?

Understanding how much we have been forgiven from God helps us to forgive others. Write down the sins you have committed that God forgave you of when you gave your life to Jesus.

_____	_____
_____	_____
_____	_____

These are the sins that you are aware of. Now, ask the Holy Spirit to show any other sins against God that you are guilty of that God has forgiven or wants to forgive. Write them below.

_____	_____
_____	_____
_____	_____
_____	_____

Go back through these lists and put a line through each sin. These lines represent God's forgiveness. These sins are no longer in you or a part of your relationship with your Father.

You are forgiven!

Remember what Jesus said, "If we do not forgive others our Father will not forgive us." To be forgiven is to forgive. You cannot receive forgiveness from God and not live a life of forgiving others. No matter how severe you have been victimized, our Father's presence and power is strong enough to walk you through forgiving those who have sinned against you. Do not allow the enemy to deceive you into believing you are "not ready" to forgive. Forgiving people is a choice you make in the power of the Holy Spirit according to the will of our Father.

Write down the names of the people who have sinned against you, what they did, how it made you feel, and any names they called you. Your list may be short or it may be long. I have seen people fill up a whole page with three columns of names! Use a separate piece of paper if you need to.

Person: _____ What they did: _____

How it made you feel: _____

Names they called you: _____

Now pray in this way, "Father, in the name of Jesus, I choose to forgive _____ for doing _____ to me. I declare that I am not a _____, _____, _____. I have been born again and am now a child of God, filled with the Holy Spirit living in the kingdom of God. I break all authority and control this person, this event, and these names have had over me. Amen." When you finish the prayer, mark a big x through that list. Repeat the same thing with the next person. Continue going until the Holy Spirit says you are done.

Person: _____ What they did: _____

How it made you feel: _____

Names they called you: _____

Person: _____ What they did: _____

How it made you feel: _____

Names they called you: _____

Person: _____ What they did: _____

How it made you feel: _____

Names they called you: _____

Person: _____ What they did: _____

How it made you feel: _____

Names they called you: _____

Asking for forgiveness

In addition to receiving forgiveness from God and forgiving others, there may be people from whom you need to ask forgiveness. There may be people you have hurt and sinned against with whom you need to make amends. Ask the Holy Spirit to show you the names of the people you need to go to. Write them here.

_____	_____	_____
_____	_____	_____
_____	_____	_____

If you need more space than this then continue on another sheet of paper. When you see these individuals confess what you have done to them. Acknowledge how it must have made them feel. Apologize to them. Ask them to forgive you. If it is appropriate, share you story and offer them the gospel.

You cannot control whether or not someone will forgive you, but you can control whether or not you are faithful to God’s will for your life. Every act of forgiveness honors the Lord, advances His kingdom, and blesses those involved.

After this week’s session you should feel lighter. The Holy Spirit has lifted weights that have been on you for years. He is cleansing you of anger, shame, and guilt. He is repairing and restoring relationships. Rest in Him. Breathe deeply.

Jesus lived a daily life of forgiveness. He did not carry things from one day to the next. Continue to let the Holy Spirit transform you so that you live a life of forgiveness. As people sin against you, and they will, seek to offer immediate forgiveness.

This is the end of Session 6. You are learning to live a life of forgiveness as Jesus forgives you! Write down any thoughts, emotions, or spirits that you need to RESIST so that you can RESPOND to God’s direction:

CLOSING PRAYER:

Heavenly Father, You are faithful to heal me of my wounds and free me from all my burdens. I have been worn out by unforgiveness. Because of Your Spirit and the work of Jesus I am feeling the freedom of forgiveness – both receiving it and giving it. Holy Father, thank You that Your Spirit was with me in every step of this. Thank You that You will be with me in every future step. Continue to teach me how to live a life of forgiveness. Train me to keep short lists with peoples’ sins against me. In Jesus’ name, amen!