

Week 4: The Power of Forgiveness

Speaker: Patricia Driggers

1. Prayer and Spiritual Warfare:

- The importance of praying for those who have wronged you (Matthew 5:44).
- Fighting spiritual battles through prayer and the Word of God (Ephesians 6:12).

2. Examples of Forgiveness:

- Personal testimonies of people experiencing transformation after praying for difficult individuals.
- Stories shared of reconciliation and softened hearts through the power of prayer.

3. Biblical Basis for Forgiveness:

- Colossians 3:13 – Forgive others as Christ forgave you.
- Hebrews 12:15 – Warning against letting bitterness take root.
- Romans 12:17-19 – Trusting God for justice rather than seeking revenge.

4. Learning to Forgive Yourself:

- Accepting responsibility for mistakes and learning from them.
- Letting go of guilt and shame after receiving God's forgiveness (1 John 1:9).
- Understanding that forgiving yourself is a reflection of accepting God's mercy.

5. The Four R's of Self-Forgiveness:

- Responsibility – Acknowledge and accept responsibility for your actions.
- Remorse – Understand and express your emotions.
- Restoration – Treat yourself with kindness and compassion.
- Renewal – Learn from the experience and strive to do better.

6. Steps Toward Forgiveness:

- CONFESS: Acknowledge the wrongdoing without excuses.
- OFFER: Apologize genuinely and acknowledge the pain caused.
- VALUE: Let the person know you value the relationship.
- RECONCILE: If possible, seek to restore the relationship.
- PROMISE: Commit to not repeating the behavior.
- SEEK: Ask explicitly for forgiveness.

7. Examples of Forgiveness in the Bible:

- The woman caught in adultery (John 8:1-11).
- The prodigal son (Luke 15:11-32).
- Jesus's words on the cross (Luke 23:34).
- Paul and Barnabas's reconciliation (Acts 15).

8. Final Reflection:

- God's forgiveness is real and complete – you don't have to keep revisiting past mistakes.
- We are called to extend the same grace and mercy to others and to ourselves.

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Things to Think About (Discussion Questions):

- Have you ever experienced a change in someone after you began praying for them?
- Why is it sometimes harder to forgive yourself than to forgive others?
- How does understanding God's forgiveness help you forgive others more easily?
- Is there someone you feel called to forgive or reconcile with?
- How can prayer and Scripture help you work through unforgiveness?

PATHWAY TO
HEALING AND RESTORATION

***“The Power of
Forgiveness”***

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Bible Verses on Forgiveness



**But I say to you, love your enemies and
pray for those who persecute you.**

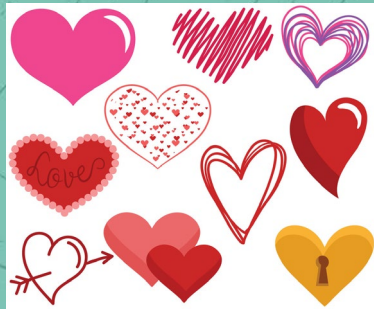


Matt. 5:44

Tell about a time you resolved to pray for your enemy. What process did you go through to get there? How did you feel after you prayed for them?



**And be ye kind one to another,
tenderhearted, forgiving one another,
even as God for Christ's sake hath
forgiven you.**



Eph. 4:32

**Forbearing one another, and forgiving
one another, if any man have a quarrel
against any: even as Christ forgave
you, so also do ye.**

Col 3:13

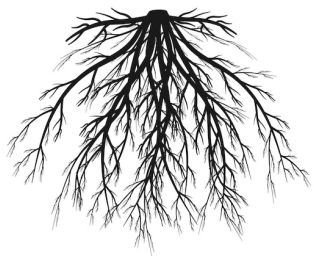
**If we confess our sins, he is faithful and
just to forgive us our sins, and to cleanse
us from all unrighteousness.**

I John 1:9

Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

Gal. 6:1

**Looking diligently lest any man fail of
the grace of God; lest any root of
bitterness springing up trouble you,
and thereby many be defiled;**



Heb. 12:15

Recompense to no man evil for evil. Provide things honest in the sight of all men. If it be possible, as much as lieth in you, live peaceably with all men. Dearly beloved, avenge not yourselves (Refrain from seeking revenge.), but rather give place unto wrath (Leave room for God's wrath.): for it is written, Vengeance is mine: I will repay, saith the Lord.

Romans 12:17-19

Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee;

Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.



Matt. 5:23-24

How to Forgive Yourself



How to Forgive Yourself

- Acknowledge your mistake.
- Accept Responsibility.
- Learn from the experience.

Another way to say it:

Very Well Mind: How Can I Forgive Myself? A Therapist Explains. 9/20/24;
<https://verywellmind.com/how-to-forgive-yourself-4583819>

- Accept responsibility for your actions.
- Feel guilty without dwelling on it.
- Amend your mistakes.
- Focus on what you learned and how you grew.
(moving forward...)

The 4 R's of Self-Forgiveness

- **Responsibility** – Accept responsibility for your actions.
- **Remorse** – **Understand** your emotions.
Express remorse for your mistakes.
- **Restoration** – Treat yourself with kindness and compassion.
- **Renewal** – Make amends and apologize, including apologizing to yourself. Learn from the experience. Try to do better.

How does receiving God's forgiveness relate to self-forgiveness?

- Self-forgiveness involves accepting God's forgiveness and letting go of guilt and shame.
- It is inappropriate to wallow in misery after receiving God's forgiveness.
- We are meant to show mercy and kindness to ourselves and others.

How to Be Forgiven: 7 Actions We Can Take

Compassion: 24 Forgiveness Activities, Exercises, Tips and Worksheets

29 Aug 2019 by Beata Souders, MSc., PsyD candidate; <https://positivepsychology.com/forgiveness-exercises-tips-activities-worksheets/>

CONFESS

- C: Confession to the wrongdoing without an excuse
- O: Offer a genuine apology.
- N: Note the pain of the other person.
- F: Forever value the relationship.
- E: Equalize through restitution (reconciliation).
- S: Say we will never do it again.
- S: Seek forgiveness by explicitly asking for it. "Can you ever forgive me for hurting you?"

Closing Devotion

- Read hymn 355 from 1867 hymn book.
- “Jesus proved He is God.” (Keith Green, 1978)-died in plane crash in 1983
- “Create in Me a Clean Heart.” by Keith Green, copyright 1984

<https://www.youtube.com/watch?v=vD847UcRbL4>