

## 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 \_\_\_\_\_.

## 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!

How to forgive and move on with your life assignment:

- Who is it that comes to mind the moment I hear a message on forgiveness?
- What am I feeling when I think of truly forgiving them?
- Why am I allowing this to still be a part of my life?
- When did this happen to me?
- How long to I plan to suffer inside?
- How will it ever be solved or forgiven?
- What can be done now to change what happened?
- How could God use this to bring hope and healing to someone else?

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

### LESSON NOTES

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!

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