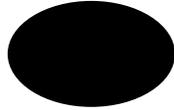
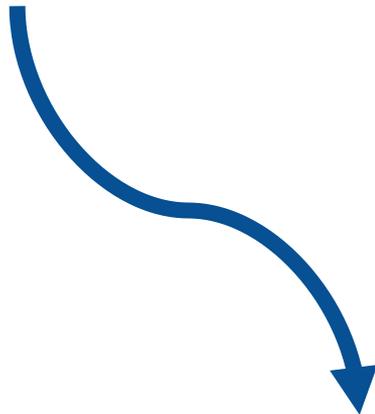


# Forgive and Release 3

- **Matt 6:** <sup>14</sup> For if you forgive other people when they sin against you, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive others their sins, your Father will not forgive your sins.
- **Luke 6:** <sup>37</sup> 'Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.'

**Seed of  
offence**

**Fruit**



**Root**

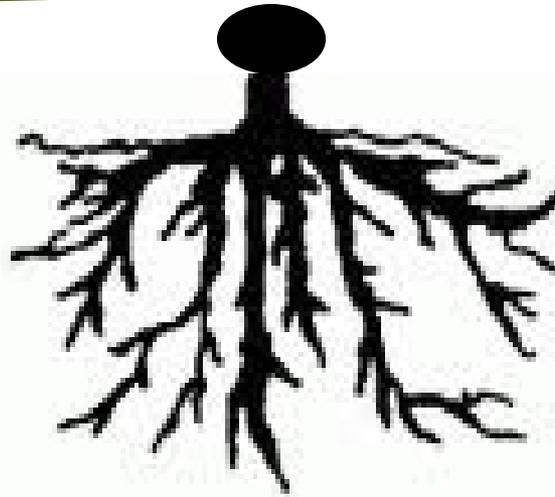
**Soil of Insecurity**

- What people said
- What people didn't say
- What people did
- What people didn't do

**Seed of  
offence**

**Fruit**

**Soil of  
Insecurity**



**Roots of  
Bitterness**

How you think  
How you feel

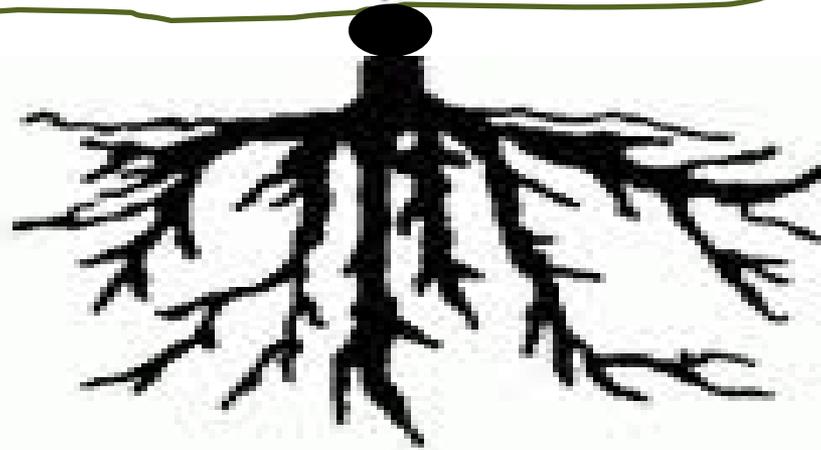
**Seed of  
offence**

**Fruit of  
Resentment**



**Soil of  
Insecurity**

**Roots of  
Bitterness**



What you say  
What you do

# Forgive and Release 3

- Do you struggle with feelings of:
- GUILT
- CONDEMNATION
- SHAME
- If so you may have some unresolved issues with yourself.

# Forgive and Release 3

- GUILT is how we feel about the things we have done that were wrong. Guilt is a normal, honest response of our conscience. Guilt by itself is not a bad thing until the enemy hijacks it!
- SHAME is how we feel about ourselves... or how we see ourselves because of the wrongs we have done... or ...because of things that have happened to us, such as sexual abuse or violation. Shame clouds our countenance and makes us want to hang our head and hide ourselves...from God and from people.

# Forgive and Release 3

- CONDEMNATION is the accusing voice of the enemy telling us how bad we have been and how unworthy we are. It is very different from conviction. Although conviction, which comes from God, is accompanied by a sense of wrong, it always invites us to forgiveness and reconciliation. On the other hand, condemnation, which comes from Satan, is intended to make us feel unworthy of God's forgiving love and grace.

# Forgive and Release 3

- We have an enemy who wants to keep us chained to our past and he will do this by deceiving us that we are beyond forgiveness.
- He uses familiar spirits which are whispers or shouts that plague us about things we have done that discount us from Gods love and our destiny.

# Forgive and Release 3

- The principal of forgiving others is to cancel their debt as God has done for us.
- We acknowledge where we are owed, make an invoice and choose to forgive and release – wiping the slate clean.
- We need to do this for ourselves in certain circumstances where we struggle to let go but somehow this is more difficult.

# Forgive and Release 3

- Areas we may find difficult to forgive;
- Failure to do something you have considered really important – let yourself down.
- Hurting someone else by what you've done.
- Hurting yourself by bad choices.
- Not doing something you feel you should have which effected someone else.

# Forgive and Release 3

- The energy it takes to harbour anger, hatred, and resentment towards yourself is exhausting. Every bit of energy we give to negative activities and dwelling on regrets, robs us of the energy we need to become the person God wants us to be. Any unforgiveness including to ourselves blocks us from Gods blessing and saps the life out of us.

# Forgive and Release 3

- 1 John 1:9 But if we own up to our sins, God shows that He is faithful and just by forgiving us of our sins and purifying us from the pollution of all the bad things we have done.
- Psalm 103:12 *You see, God takes all our crimes—our seemingly inexhaustible sins—and removes them.*  
As far as east is from the west, *He removes them* from us.

# Forgive and Release 3

- Revelation 1:5 and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood,
- Isaiah 43:25 *So let's get this clear: it's for My own sake that I save you. I am He who wipes the slate clean and erases your wrongdoing. I will not call to mind your sins anymore.*

# Forgive and Release 3

- Romans 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus,
- Isaiah 61:7 Instead of your **shame** you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.

# Forgive and Release 3

- We all experience the painful consequences of sin. Psalm 51 has been a comfort and a help to millions who have prayed these words as their own. It invites all who are broken to come before God and lean upon His compassion. It teaches that we need not only to be forgiven for the wrong we have done, but we also need to be cleansed of its effects on us. Ultimately, it helps us recognize that if we are to be healed, it is the work of God to create in us a heart that is clean and a spirit that is strong.

# Forgive and Release 3

- Psalm 51

- Look on me with a heart of mercy, O God, according to Your generous love. According to Your great compassion, wipe out *every consequence of my shameful crimes*.<sup>2</sup> Thoroughly wash me, *inside and out*, of all my crooked deeds. Cleanse me from my sins.<sup>3</sup> For I am *fully* aware of all I have done wrong, and my guilt is there, staring me in the face.<sup>4</sup> It was against You, only You, that I sinned, for I have done what You say is wrong, right before Your eyes. So when You speak, You are in the right. When You judge, Your judgments are pure and true.<sup>5</sup> For I was guilty from the day I was born, a sinner from the time my mother became pregnant with me.

# Forgive and Release 3

- But still, You long *to enthrone* truth throughout my being in unseen places deep within me, You show me wisdom.<sup>7</sup> Cleanse me *of my wickedness* with hyssop, and I will be clean. *If You* wash me, I will be whiter than snow.<sup>8</sup> Help me hear joy and happiness *as my accompaniment*, so my bones, which You have broken, will *dance in* delight instead.<sup>9</sup> Cover Your face so You will not see my sins, and erase my guilt *from the record*.<sup>10</sup> Create in me a clean heart, O God; restore within me a sense of being brand new <sup>11</sup> Do not throw me far away from Your presence, and do not remove Your Holy Spirit from me.

# Forgive and Release 3

- <sup>12</sup> Give back to me the *deep* delight of being saved by You; let Your willing Spirit sustain me.<sup>13</sup> If You do, I promise to teach rebels Your ways and help sinners find their way back to You.<sup>14</sup> Free me from the guilt of *murder*, of shedding *a man's* blood, O God who saves me. Now my tongue, *which was used to destroy*, will be used to sing with deep delight of how right *and just* You are.

# Forgive and Release 3

- <sup>15</sup> O Lord, *pry* open my lips that this mouth will sing *joyfully* of Your greatness.<sup>16</sup> I would surrender *my dearest possessions or destroy all that I prize to prove my regret*, but You don't take pleasure in sacrifices or burnt offerings<sup>17</sup> What sacrifice I can offer You is my broken spirit *because a broken spirit*, O God, a heart that honestly regrets the past, You won't detest.

# Forgive and Release 3

- Matthew 27

- <sup>3</sup> Judas—the one who had betrayed Him *with a kiss for 30 pieces of silver*—saw that Jesus had been condemned, and suddenly Judas regretted what he had done. He took the silver back to the chief priests and elders *and tried to return it to them*.

- **Judas Iscariot:** <sup>4</sup> *I can't keep this money! I've sinned! I've betrayed an innocent man! His blood will be on my hands.*

- **Chief Priests and Elders:** *We're through with you, friend.* The state of your soul is really none of our affair.

- <sup>5</sup> Judas threw down the money in the temple, went off, and hanged himself.

# Forgive and Release 3

- Acts 7

- 5<sup>8</sup> When they had driven him out of the city, they *began stoning him*; and the witnesses laid aside their robes at the feet of a young man named Saul. 5<sup>9</sup> They went on stoning Stephen as he called on *the Lord* and said, “Lord Jesus, receive my spirit!” 6<sup>0</sup> Then falling on his knees, he cried out with a loud voice, “Lord, do not hold this sin against them!” Having said this, he fell asleep.

# Forgive and Release 3

- 8 Saul was in hearty agreement with putting him to death.
- And on that day a great persecution began against the church in Jerusalem, and they were all scattered throughout the regions of Judea and Samaria, except the apostles. <sup>2</sup> Some devout men buried Stephen, and made loud lamentation over him. <sup>3</sup> But Saul *began* ravaging the church, entering house after house, and dragging off men and women, he would put them in prison.

# Forgive and Release 3

- Acts 9 Back to Saul—this fuming, raging, hateful man who wanted to kill every last one of the Lord's disciples: he went to the high priest *in Jerusalem* <sup>2</sup> for authorization to purge all the synagogues in Damascus of followers of the way of Jesus. His plan was to arrest and chain any of Jesus' followers—women as well as men—and transport them back to Jerusalem. <sup>3</sup> He travelled north toward Damascus *with a group of companions*.
- *Imagine this: Suddenly* a light flashes from the sky around Saul, <sup>4</sup> and he falls to the ground at the sound of a voice.

# Forgive and Release 3

- <sup>18</sup> At that instant, something like scales fell from Saul's eyes, and he could see. So he got up, received the ceremonial washing of baptism *identifying him as a disciple*, <sup>19</sup> ate some food (*remember, he had not eaten for three days*), and regained his strength. He spent a lot of time with the disciples in Damascus over the next several days. <sup>20</sup> Then he went into the very synagogues he had intended to purge, proclaiming,
  - **Saul:** Jesus is God's Son!
  - <sup>21</sup> Obviously this amazed everybody, and the buzz spread.
  - **The People:** Isn't he the man who caused so much trouble in Jerusalem for everyone identified with Jesus? Didn't he come here to arrest followers of Jesus and bring them in chains to the religious authorities? *Now he's switched sides and is preaching Jesus?*

# Forgive and Release 3

- He tried to join the disciples there, but they didn't think he was sincere.
- <sup>27</sup> *Only one person accepted Saul as a genuine disciple, Barnabas, who became Saul's advocate to the apostles. He told the whole story of what happened in Damascus, from Saul's vision and message from the Lord to his transformation into a confident proclaimer of the name of Jesus.* <sup>28</sup> Finally they accepted Saul and gave him access to their community, and he continued to speak confidently in the name of the Lord

# Forgive and Release 3

- When we reject the forgiveness extended to us by God and others, when we refuse to forgive ourselves, what we are doing is setting ourselves above others and that is pride! Unforgiveness of yourself will bring self-destruction, a haughty spirit, and turmoil. Self forgiveness will bring peace.

# Forgive and Release 3

- Forgiving ourselves does not let us off the hook, it does not justify what we have done, and it is not a sign of weakness. Forgiveness is a choice that takes courage and strength, and it gives us the opportunity to become an overcomer rather than remaining a victim of our own scorn.

# Forgive and Release 3

- Galatians 5:1 Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you.
- Don't let your past behaviour define you – let God define you.
- The day you got saved Satan lost you forever but if he can continue to deceive you that he still has you, he's won.

# Forgive and Release 3

- May need to go to court with the accusations against us.
- Zechariah 3 Joshua, the high priest, was standing in front of the Eternal's Special Messenger *who was presiding over a heavenly council meeting*. Standing to Joshua's right was the one called the Accuser. He was ready to argue that Joshua *was unworthy to serve as high priest*.

# Forgive and Release 3

- **Eternal One (to the Accuser):** <sup>2</sup> I am reprimanding you, Accuser. I, the Eternal One, have chosen Jerusalem as My own, saved her from My fiery wrath as if she were a wooden poker just pulled from *destruction* in a fire.
- <sup>3</sup> Joshua stood *motionless* before the Eternal's messenger, still dressed in filth-covered clothes, *as if recently returned from captivity*.
- **Special Messenger of the Eternal (to the other heavenly council members):** <sup>4</sup> Remove the filth-covered clothes from this man.
- (to Joshua) *Just as I have taken away your dirty clothes, I have taken away your guilt from you. In place of those clothes, I will dress you in pure, expensive garments. Then you will be ready to serve God and lead the festival.*

# Forgive and Release 3

- **Zechariah** (*to the Eternal's Special Messenger*): <sup>5</sup> Your fellow council members should put a pure turban *befitting of the high priest* on his head. *It will indicate his dignity.*
- So they placed a pure turban on his head and *finished* dressing him in *his new clothes* while the Eternal's Special Messenger stood by, *supervising the cleansing*. *Joshua could now safely approach God.*

# Forgive and Release 3

- In this vision Zechariah sees a heavenly court. Joshua the high priest is on trial, charged with impurity and accused of being unfit to serve as high priest. The Accuser appears in the role of a prosecuting attorney, bringing charges and attempting to undermine the credibility of the one person God wants to lead His people. But the Judge will have none of it.

# Forgive and Release 3

- There are some things that just have to be nailed to the cross once and for all. Don't take the list down and examine it anymore. Jesus wants to do a new thing in your life. You need to let Him. It's time to get on with your life and tackle the opportunities and challenges that lie ahead. You'll miss them if you keep looking back over your shoulder. Jesus wants to use you. He loves you and He wants to see you released to be all He's made you to be. Forget what lies behind and look ahead, walking forward in the wisdom and power of God. Jesus has not only given you a future, He's given you a hope as well!

# Forgive and Release 3

- Time to get real
- When you think about the past what do you hate – feel bad about (with emotion)
- Jesus has paid your debt – taken the punishment for your sin. Where you are still living in the past you have not applied this and are denying the power of the cross allowing the enemy to continue to rob and torment you.
- Ask God to show you where you have not forgiven yourself and make an invoice.

# Forgive and Release 3

- Same principle as forgiving others.
- Identify the offence.
- Face how you feel.
- Look to the cross where Jesus took the punishment for all sin.
- Let this be your place of exchange.
- Decide to forgive yourself. Name your offences – be specific.

# Forgive and Release 3

- Choose to cancel the debt that you owe.
- See Jesus as your healer. Allow him to release the pain and pour in his healing and restore you.
- You may need your memories cleansed.
- Paint over images in imagination with blood of Jesus.
- Repent and renounce your wrong attitudes, behaviours thought patterns.

# Forgive and Release 3

- Let Jesus remove all guilt shame and condemnation.
- Rip up invoice.
- Learn to walk with your head held high!!!