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Heart of Purpose Podcast

IGNITE SERIES

Three Ways Forgiveness Fuels Freedom

What experience in life has hurt you the most?

Did this experience come at the words or action of someone else? YES or NO

How did you feel about this experience afterwards? (circle all that apply)

SAD ANGRY DISAPPOINTED WRONGED EMBARRASSED FRUSTRATED INSECURE ALONE

How do you feel about this experience now? (circle all that apply)

SAD ANGRY DISAPPOINTED WRONGED EMBARRASSED FRUSTRATED INSECURE ALONE
HAPPY STRONGER AT PEACE IN PAST ASHAMED PITY

Would you say you have forgiven said person(s) from this experience? YES or NO

Has there been a time where you have felt ashamed or guilty? YES or NO

What happened to make you feel this way?

Do you still feel ashamed or guilty today because of it? YES or NO

A few ways the enemy gets in to our mind, situation, and heart that can increase bitterness and/ or shame on our part from our own doing. Take note of these areas below:

GOSSIP * NEGATIVE THOUGHTS * FIBS/ LIES * CHEATING (test or at work) * SEEKING APPROVAL * FOLLOWING ALONG
UN-FORGIVENESS * JEALOUSY * ENVY * COMPARISON

Don't move forward today till you do the following:

- Sit with God for 5 minutes in prayer and ask Him to search your heart and make known any area of bitterness or unforgiveness you might be holding on to. Ask Him for forgiveness in your own life right now.
- Forgive that person in your heart. If your at fault, dial them up and physically ask for forgiveness.
- If you're holding onto shame or guilt- look yourself in the mirror and say "I'm sorry for _____"

Verse: Luke 17:4 - Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them." Reminder: If we are to forgive our brothers and sisters when they ask, how much more does God forgive us as His children.



The heart
of **LOVE** is
Forgiveness

Dear Loving Father,
Thank you for the sacrifice of your
beloved Son on the cross, so that I
may live in freedom from my
transgressions. Forgive me Lord for
all of my sins and strengthen my
heart with your joy today. Amen

