

DEALING WITH THE EMOTIONAL PROCESS:

Forgiveness is NOT the means to alleviate our emotions. To try to use forgiveness as balm for our anger or some other emotion nullifies the great power of forgiveness. Once we have forgiven someone for their offense, we now ask God to walk us through the process of healing our emotions. Nowhere in the Bible are we told to put on or put off forgiveness. However, we are told to put off the negative emotions, not by forgiveness but by obedient faith, and to put on God's truth (Ephesians 4:22, obedient faith).

We invite the Holy Spirit to help us through this painful emotional process because He is our Comforter and our Strength. He was there at the time of injury and He knows how to walk us through our healing. We ask God to heal us from what has happened and release us from our expectations and not allow bitterness to take root. By asking God to bring us emotional healing we begin to dismantle the strongholds that hold us captive and regain the freedom that is ours by what Jesus did for us at the Cross!

Allowing the Holy Spirit to get rid of our emotion (bitterness, anger, etc.) can feel like having a heavy burden or weight taken off your shoulders. [Christ has truly set you free from being controlled by any emotion.] The more you learn to walk by the Spirit, the more love will be the controlling factor in your life.

EMOTIONS MAY LINGER:

Even after we have made the choice to forgive, the emotions may still linger. Our emotions will eventually reflect God's heart as we continue to renew our minds with truth and reaffirm our decision to forgive.

GOD

FORGIVENESS IS:

- canceling a debt owed
- releasing the offender to God
- yielding our rights to God
- trusting God to redeem the situation
- obedience to God
- yielding our right to punish
- not seeking revenge or getting even
- not judging or condemning
- not keeping score
- extending mercy and grace
- a conscious choice
- saying yes to God and no to our flesh
- liberating and healing for us
- life giving
- spiritual warfare
- done in the power of the Holy Spirit

FORGIVENESS IS NOT:

- ignoring/disregarding the wrong done
- tolerating/excusing the offender
- contingent on an apology
- forgetting about the wrong done
- letting time pass
- gutting it out and pretending
- being nice to the person
- keeping silent
- saying, "I forgive you"
- conditional (Matthew 18:21-22)
- based on feelings
- limited to the offender still living
- remaining a victim or returning to the abuse
- bringing it up/a tool for emotional blackmail
- effective without the Holy Spirit

SELF