



# KINGDOM LEARNERS

## DISARMING DARKNESS – LESSON 10

*There's Power in Forgiveness*

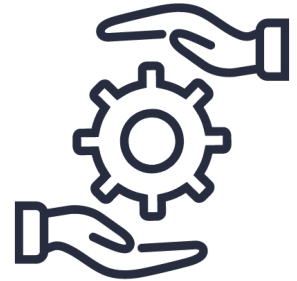


### THINGS TO PONDER

1. What does the word forgiveness mean?
2. How do we actually forgive someone who has hurt us?
3. Who do you need to forgive?

### THINGS TO PRACTICE

1. Make a list of people who have wronged you, and forgive them.
2. After you cancel the debt, declare blessings over the lives of those who have wronged you (Luke 6:27-28).
3. Make forgiveness a daily routine in your prayer life

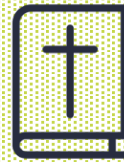


### THINGS TO PRAY



Father, I thank You that Jesus paid for all my sins when He died on the cross, granting me total forgiveness. Because You have forgiven me, I now, of my own free will, choose to forgive [name] for [name the offense]. I hand it over to you, Father, along with all bitterness, anger, and resentment I've held onto because of this offense. Forgive me for holding on to this unforgiveness. Wash my mind and heart and soul clean with the Blood of Your Son, Jesus. Holy Spirit, pour You oil of joy over me, and anoint me fresh and clean in spirit. I bless [named above] with all the riches you have in store for them in Christ Jesus. I bless him/her in [bless them opposite to the offense, using scripture when possible]. Create in me a pure heart, Oh God, and renew a steadfast spirit within me. I pray all this in Jesus' name, amen.

# KEY PIECES OF SCRIPTURE



**Matthew 6:14-15:** For if you *forgive* other people when they sin against you, your heavenly Father will also *forgive* you. But if you do not *forgive* others their sins, your Father will not *forgive* your sins.

**Ephesians 4:32:** Be kind and compassionate to one another, *forgiving* each other, just as in Christ God *forgave* you.

**Hebrews 8:12:** For I will *forgive* their wickedness and will remember their sins no more.”

**Colossians 3:13:** Bear with each other and *forgive* one another if any of you has a grievance against someone. *Forgive* as the Lord *forgave* you.

**Luke 6:37:** Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. *Forgive*, and you will be *forgiven*.

**Matthew 18:21-22:** Then Peter came to Jesus and asked, “Lord, how many times shall I *forgive* my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

**Psalms 86:5:** You, Lord, are *forgiving* and good, abounding in love to all who call to you.

**Micah 7:18:** Who is a God like you, who pardons sin and *forgives* the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy.

**Mark 11:25-26:** And when you stand praying, if you hold anything against anyone, *forgive* them, so that your Father in heaven may *forgive* you your sins. But if you do not *forgive*, neither will your Father in heaven *forgive* your trespasses.”

**Matthew 6:12:** And *forgive* us our debts, as we also have *forgiven* our debtors.

# KEY CONCEPTS TO KNOW



**Ephesians 4:32:** Be kind and compassionate to one another, *forgiving* each other, just as in Christ God *forgave* you.

## WHAT IS A FORGIVENESS?

Forgiveness is looking onto those who have wronged you and saying, I choose to cancel whatever I think he/she owes me, and I choose not to lord the offense over them. It's looking at the life of Christ, and how he made an ultimate sacrifice for us, paying the penalty of a debt we could never pay back. The bible says we are to forgive as Christ has forgiven us (Colossians 3:13); so, if he was willing to cancel a bill that we can never pay back, he wants us to do the same. And, when God forgives, he chooses to remember the offense no longer, and he wants us to do the same. Finally, forgiveness doesn't just wipe the debt, it adds to the bank account of those who don't deserve by adding a blessing to their lives. Romans 12:14 says, "Bless those who curse you; bless and do not curse. When we forgive, we do so by speaking life over the people who have wronged us. I bless you in forgiving like Christ, and blessing those who curse you.

## HOW DO WE FORGIVE OTHERS?

STEP  
1

We ask the Holy Spirit to draw to remembrance the people who have wronged us

STEP  
2

No matter how we were wronged, we choose to cancel the debt that we think another may owe us

STEP  
3

After we wipe the debt clean, we choose to speak a blessing over the person who has harmed us

STEP  
4

We begin to live a life of forgiveness, canceling events as they happen. This is a process, not a one and done.