

Forgiveness & Release

When God forgives, He does it so well that He tosses it from Him into what is called the sea of forgetfulness. He chooses to let it go and forget it.

Forgiveness has to become a way of worshiping God in the believer's life. In turn, freedom comes, and we keep ourselves from the snares of the enemy.

You'll want to refer back to this worksheet if you find that you need to process trauma, break down lies, or just examine your heart!

Matthew 6:8-14

¹⁴ "For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. NKJV"

Here are some tips as you complete the following worksheet:

1. Write down anyone or anything that you know you need to forgive or release to God.
2. We have a way of allowing unforgiveness and offense to hide in our souls. Giving permission for the Lord to search your heart can be very fruitful! Ask Him to shine His light and illuminate anything/anyone you need to forgive or release to Him. As soon as something or someone comes to mind, write it down. (Romans 8:27)
3. After you forgive, you may need to train your mind to remember it forgave. If an issue you have released to God comes back up again, simply reject it by saying, "God, here's something else for you to put in the sea of forgetfulness. I'm giving it to you, and I refuse to take it back."

4. Forgiving can be a process. If you don't know how to give it to God, just tell Him you want to and don't know how. He will help you. Forgiveness is a choice that God will help you accomplish.

5. If you begin forgiving and find that it's difficult to say the name of a person you are forgiving, keep saying to God, "I release _____." Say it until it flows out easily (without causing pain or discomfort) and the release to God is made.