

Hindrances to Healing – Unforgiveness Exercise

A. Prayer and Unforgiveness

1. The Model Prayer.

Mat 6:9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

Mat 6:10 Thy kingdom come. Thy will be done in earth, as [it is] in heaven.

Mat 6:11 Give us this day our daily bread.

Mat 6:12 And _____ us our debts, as we _____ our debtors.

Mat 6:13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Mat 6:14 For if ye forgive men their _____, your heavenly Father will also _____ you:

Mat 6:15 But if ye forgive not men their trespasses, _____ will your Father forgive your trespasses.

2. Mountain-Moving Prayer.

Mar 11:22 And Jesus answering saith unto them, Have faith in God.

Mar 11:23 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

Mar 11:24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive [them], and ye shall have [them].

Mar 11:25 And when ye stand praying, _____, if ye have ought against any: that your Father also which is in heaven may _____ you your trespasses.

Mar 11:26 But if ye do not forgive, neither will your _____ which is in heaven forgive your trespasses.

3. Tree-Commanding Prayer.

Luk 17:1 Then said he unto the disciples, It is impossible but that _____ will come: but woe [unto him], through whom they come!

Luk 17:2 It were better for him that a millstone were hanged about his neck, and he cast into the sea, than that he should offend one of these little ones.

Luk 17:3 Take heed to yourselves: If thy brother trespass _____ thee, rebuke him; and if he repent, forgive him.

Luk 17:4 And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou _____ forgive him.

Luk 17:5 And the apostles said unto the Lord, Increase our faith.

Luk 17:6 And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you.

4. Blank Check Prayer.

Joh 14:12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and _____ works than these shall he do; because I go unto my Father.

Joh 14:13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.

Joh 14:14 If ye shall ask any thing in my name, _____.

Joh 15:7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it _____ be done unto you.

Joh 15:18 If the world hate you, ye know that it hated me before [it hated] you.

Joh 15:19 If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you.

Joh 15:20 Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted me, they will also persecute you; if they have kept my saying, they will keep yours also.

Joh 15:21 But all these things will they do unto you for my name's sake, because they know not him that sent me.

Joh 15:22 If I had not come and spoken unto them, they had not had sin: but now they have no cloke for their sin.

Joh 15:23 He that hateth me hateth my Father also.

Joh 15:24 If I had not done among them the works which none other man did, they had not had sin: but now have they both seen and hated both me and my Father.

Joh 15:25 But [this cometh to pass], that the word might be fulfilled that is written in their law, They hated me without a _____.

Joh 15:26 But when the Comforter is come, whom I will send unto you from the Father, [even] the Spirit of truth, which proceedeth from the Father, he shall testify of me:

Joh 15:27 And ye also shall bear witness, because ye have been with me from the beginning.

Joh 16:1 These things have I spoken unto you, that ye should not be _____

Joh 16:2 They shall put you out of the synagogues: yea, the time cometh, that whosoever killeth you will think that he doeth God service.

Joh 16:3 And these things will they do unto _____, because they have not known the Father, nor me.

Joh 16:4 But these things have I told you, that when the time shall come, ye may remember that I told you of them. And these things I said not unto you at the beginning, because I was with you.

5. Earth-Shaping Prayer.

Mat 18:6 But whoso shall _____ one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and [that] he were drowned in the depth of the sea.

Mat 18:15 Moreover if thy brother shall _____ against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.

Mat 18:18 Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven.

Mat 18:19 Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

6. Unforgiveness is the Main Hindrance.

Mat 18:21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I _____ him? till seven times?

Mat 18:22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until _____ times seven.

Mat 18:23 Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants.

Mat 18:24 And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents.

Mat 18:25 But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.

Mat 18:26 The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all.

Mat 18:27 Then the lord of that servant was moved with compassion, and loosed him, and _____ him the debt.

Mat 18:28 But the same servant went out, and found one of his fellowservants, which owed him an hundred pence: and he laid hands on him, and took [him] by the throat, saying, Pay me that thou owest.

Mat 18:29 And his fellowservant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all.

Mat 18:30 And he would _____: but went and cast him into prison, till he should pay the debt.

Mat 18:31 So when his fellowservants saw what was done, they were very sorry, and came and told unto their lord all that was done.

Mat 18:32 Then his lord, after that he had called him, said unto him, O thou wicked servant, I _____ thee all that debt, because thou desiredst me:

Mat 18:33 Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee?

Mat 18:34 And his lord was wroth, and _____ him to the tormentors, till he should pay all that was due unto him.

Mat 18:35 So likewise shall my heavenly Father do also unto you, if ye from your _____ forgive _____ every one his brother their trespasses.

Note: In the 5 teachings above on prayer, Jesus talks about forgiving/offense in 35 verses.

B. Choose to Sow Forgiveness or Unforgiveness.

Mar 11:25 And when ye stand praying, _____, if ye have ought against any: that your Father also which is in heaven may forgive you your _____.

Mat 6:12 And forgive us our debts, _____ we forgive our debtors.

Mat 6:14 For if ye forgive men their trespasses, your heavenly Father _____ also forgive you:

Mar 11:26 But if ye do not forgive, _____ will your Father which is in heaven forgive your trespasses.

Mat 6:15 But if ye forgive _____ men their trespasses, neither will your Father forgive your trespasses.

Luk 6:37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: _____, and ye shall be _____:

- **Therefore, sow forgiveness to receive forgiveness from God.**
- **For, if you sow unforgiveness, you will reap unforgiveness.**

C. Unforgiveness Blocks All Prayers.

1Jn 1:9 If we _____ our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from _____ unrighteousness.

Luk 6:37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye _____ forgiven:

1Pe 3:7 Likewise, ye husbands, dwell with [them] according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

Col 3:19 Husbands, love [your] wives, and be not _____ against them.

Psa 66:18 If I regard iniquity in my heart, the Lord will _____ hear [me]:

1Jn 3:20 For if our heart _____ us, God is greater than our heart, and knoweth all things.

1Jn 3:21 Beloved, if our heart condemn us not, [then] have we _____ toward God.

1Jn 3:22 And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are _____ in his sight.

1Jn 5:14 And this is the _____ that we have in him, that, if we ask any thing according to his will, he heareth us:

1Jn 5:15 And if we _____ that he hear us, whatsoever we ask, we _____ that we have the petitions that we desired of him.

Mat 9:5 For whether is easier, to say, [Thy] sins be forgiven thee; or to say, Arise, and walk?

Psa 103:3 Who _____ all thine iniquities; who _____ all thy diseases;

Jas 5:14 Is any sick among you? let him call for the elders of the church; and let them pray over him, _____ him with oil in the name of the Lord:

Jas 5:15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be _____ him.

Mat 18:34 And his lord was wroth, and delivered him to the _____, till he should pay all that was due unto him.

Mat 18:35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his _____ their trespasses.

1Co 5:1 It is reported commonly [that there is] fornication among you, and such fornication as is not so much as named among the Gentiles, that one should have his father's wife.

1Co 5:2 And ye are puffed up, and have not rather mourned, that he that hath done this deed might be taken away from among you.

1Co 5:3 For I verily, as absent in body, but present in spirit, have _____ already, as though I were present, [concerning] him that hath so done this deed,

1Co 5:4 In the name of our Lord Jesus Christ, when ye are gathered together, and my spirit, with the power of our Lord Jesus Christ,

1Co 5:5 To deliver such an one unto Satan for the destruction of the flesh, that the spirit may be saved in the day of the Lord Jesus.

D. Process of Forgiveness.

Joh 14:26 But the Comforter, [which is] the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your _____, whatsoever I have said unto you.

Luk 6:28 Bless them that curse you, and pray for them which despitefully use you.

1Jn 1:9 If we confess our sins, he is faithful and just to _____ us [our] sins, and to cleanse us from all unrighteousness.

Mar 11:24 Therefore I say unto you, What things soever ye _____, when ye pray, believe that ye receive [them], and ye shall have [them].

Jas 1:22 But be ye _____ of the word, and not hearers only, deceiving your own selves.

Matt 5:44 But I say unto you, _____ your enemies, _____ them that curse you, _____ to them that hate you, and _____ for them which despitefully use you.

Action Item: Watch your words – treat remembrance of offences as a sin

2 Cor 10:5 Casting down _____, and every high thing that exalteth itself against the knowledge of God, and bringing into _____ every _____ to the obedience of Christ

Answers:

FAITH WITH PATIENCE
BRINGS THE PROMISES
INTO MANIFESTATION

THE MAIN HINDERANCE IS
UNFORGIVENESS