

Fruit of Humility – Forgiveness Exercise

A. The Enabling Sins

1. Pride

- Pro 13:10 Only by _____ cometh contention: but with the well advised is wisdom.
- Jas 4:1 From whence come wars and fightings among you? come they not hence, even of your _____ that war in your members?
- Jas 4:2 Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye _____ not.
- Jas 4:3 Ye ask, and receive not, because ye ask amiss, that ye may _____ it upon your lusts.

2. Self-righteousness

- 1Co 15:34 Awake to _____, and sin not; for some have not the knowledge of God: I speak this to your shame.
- Php 2:3 Let nothing be done through _____ or vainglory; but in lowliness of mind let each _____ other better than themselves.

B. The Initiating Sins

1. Giving offence

- Mat 18:7 Woe unto the world because of offences! for it must needs be that offences come; but woe to that man by whom the _____ cometh!
- Mat 5:23 Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath _____ against thee;

2. Taking offence

- Mat 5:11 _____ are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.
- Mat 5:44 But I say unto you, _____ your enemies, _____ them that curse you, do _____ to them that hate you, and _____ for them which despitefully use you, and persecute you;
- Mat 5:38 Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth:
- Mat 5:39 But I say unto you, That ye resist _____ evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.

3. Anger is the seed of unforgiveness

- Eph 4:26 Be ye angry, and _____ not: let not the sun go down upon your wrath:

C. The Maturing Sins

1. Anger overnight becomes unforgiveness

- Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your _____:

2. Unforgiveness grows into bitterness

- Col 3:19 Husbands, love [your] wives, and be not _____ against them.
- Heb 12:14 Follow peace with all men, and holiness, without which no man shall see the Lord:
- Heb 12:15 Looking diligently lest any man fail of the grace of God; lest any root of _____ springing up trouble [you], and thereby many be defiled;

3. Internalized bitterness can produce depression which can lead to suicide

4. Externalized bitterness can produce rage which can lead to violence

D. The Deceptive Sins

1. Mental forgiveness
 - a) You forgive but don't forget.
 - b) You say that you forget but you avoid the person.
 - c) Sin is that you deceive your heart
2. Natural wisdom
 - a) You avoid the person because s/he is a sinner.
 - b) You avoid the person to prevent recurrence of the incident.
 - c) Sin of doubt; anything not of faith is a sin
- Rom 14:23 And he that doubteth is damned if he eat, because he eateth not of faith: for whatsoever [is] not of faith is sin.

E. Attitudes of Forgiveness.

1. We wrestle not against flesh and blood. Eph 6:12
 - Eph 6:11 Put on the _____ armour of God, that ye may be able to stand against the wiles of the devil.
 - Eph 6:12 For we _____ not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.
2. Father, forgive them for they know not what they are doing. Luke 23:34
 - Luk 23:34 Then said Jesus, Father, forgive them; for they know _____ what they do. And they parted his raiment, and cast lots.
3. Love covers a multitude of sin. 1 Pet 4:8
 - 1Pe 4:8 And above all things have _____ charity among yourselves: for charity shall cover the multitude of sins.
4. We forgive from the heart by faith; so **spiritually**, we know that we receive when we pray. Therefore, we know that in the spiritual realm we have forgiven the person when we end the prayer. However, how do we know when the prayer has actually manifested in the natural realm where it can be perceived by ourselves and by other people? In other words, how do **you** know when **you** have actually forgiven the person?
 - a) The memory of the incident is no longer brought back to your mind, for there is no benefit to the devil for bringing it back to you for it no longer has power over you and you do not react to it.
 - b) You greet the person in exactly the same way as you did before the offense.
 - c) There is no reluctance to shake hisr hands, to hug himr or to kiss himr.
 - d) There is no driving urge to keep himr out of your comfort space (i.e., the area immediately surrounding where you are currently standing or sitting).
 - e) The acid test is that you treat himr and react to himr exactly the way you would before the offense occurred.

F. Breaking the Curse of Unforgiveness

1. Identify – then RRB every incident. **STOP:** Take the time right now to put aside this homework, get a fresh piece of paper and write a list of those for whom you are holding offense or unforgiveness. If you have already started a list then add any new names the Lord has revealed to you. Be sure you bring this list to the next class.
2. Forgive them from your heart. Matt 18:35
 - Mat 18:35 So likewise shall my heavenly Father do also unto you, if ye from your _____ forgive not every one his brother their trespasses.

3. Forgive them by faith. Remember that when you forgive by faith, Mark 11:24 the goal is to receive the natural (physical) manifestation.
 - Mar 11:24 Therefore I say unto you, What things soever ye desire, when ye pray, _____ that ye receive them, and ye shall have them.
4. Esteem them better than yourself – value their attitudes, intentions, desires and well-being greater than your own. Phil 2:3
 - Php 2:3 Let nothing be done through strife or vainglory; but in lowliness of mind let each _____ other better than themselves.
 - Php 2:4 Look not every man on his own things, but every man also on the _____ of others.
5. Bless them from your heart. Matt 5:44
look for practical ways to be a blessing to them.
6. Spend extra time in prayer for them. Matt 5:44
 - Mat 5:44 But I say unto you, Love your _____, bless them that _____ you, do good to them that _____ you, and pray for them which despitefully _____ you, and persecute you;

Notice the 4 ways to respond in a godly way: Choose 1 person from your list above and write out what practical things you can do for him/her according to this list in Matt. 5:44.

Love them _____

Bless them _____

Do good to them _____

Pray for them _____

7. Allow the love of God in you to love them with agape love. 1 Cor 13:4-8
 - 1Co 13:4 Charity (*love*) suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,
 - 1Co 13:5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;
 - 1Co 13:6 Rejoiceth not in iniquity, but rejoiceth in the truth;
 - 1Co 13:7 Beareth all things, believeth all things, hopeth all things, endureth all things.
 - 1Co 13:8 Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.
8. If a memory of the offense returns, treat it as a sin and CRRB it, cast down imaginations and bring it under the obedience of Christ. Keep doing this as necessary until the thought does not return. 2 Cor 10:5
This process is the spiritual warfare during the time from when you say “Amen” until you see the manifestation, which is that the thought and memory do not return and you can treat the offender as you did before the offensive incident occurred.
 - 2Co 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;