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Jot down what Jesus had to say about forgiveness in the Gospels.

Matthew 6:14–15 _____

Luke 6:37 _____

Matthew 6:12 _____

The exercise needed for recovery is listed below.

After reading each step, write down the specific response you will make in order to achieve recovery.

1. *Recognize that you are hurt.*

I have been hurt by _____

2. *Confess your hurt to the Lord.*

Lord, I confess that I was hurt when _____

3. *Be open to His correction and direction.*

Lord, I understand that You desire me to _____

4. *Finally, we must forgive the person(s) who hurt us.*

Jesus, I forgive _____ for _____

The next exercise we face after we have forgiven someone is to avoid relapsing. Occasionally, we may find ourselves having to fight off some of the same thoughts we had about that person before we forgave him or her. The way we do this is to remember to pray for that person. These scriptures will help you know how to pray.

Read each scripture, and jot down the attitude God desires us to have in our hearts for those who hurt us.

Matthew 5:44 _____

Psalms 35:11–14 _____

2 Corinthians 10:5 _____

WRITE A PRAYER...

Praying for the deepest needs of someone who has hurt you.

What about you? Have you learned? As a result of past offenses, how are you now feeling?

In each of the columns below, check ✓ the appropriate boxes to indicate your feelings right now.

HEALED FEELINGS

- Free
- Forgiving
- Loving
- Gentle
- Compassionate
- Accepting
- Humble
- Warm-hearted
- Peaceful
- Joyful
- Healed
- Refreshed

HURT FEELINGS

- Burdened
- Unforgiving
- Vengeful
- Calloused
- Judgmental
- Rejecting
- Proud (Prideful / Arrogant)
- Cold-hearted
- Angry
- Depressed
- Broken
- Bitter

If you find yourself checking more hurt feelings than healed feelings, then the process of your healing has stopped; you will not obey God's leading and mature spiritually.

Maturity does not come easily. If it did, all would attain it. Few reach this level of life because of the resistance they face. The world is dominated by the "prince of the power of the air" (Eph. 2:2).

The course of our society is not godly but selfish. As a result, to enter into the maturity of Christ there will be hardships that come from standing against the flow of selfishness.

Remember that when we lose our life for the sake of Jesus, we will find His life. Learn to fix your focus on the end result, not the struggle. (See 1 Peter 4:12-13.)