

## Forgiving From My Heart

**We're in the prison of bitterness when we:** Think someone owes us (Hebrews 12:14-15); Have an attitude that shouts: I'm right! (Romans 3:10); Re-live the offense committed against us over and over (1 Corinthians 13:5); Tell others our hurt (Proverbs 18:8; 26:20-22; Romans 16:17); Complain. Complaining is an underlying attitude against God (Exodus 16:7-12); Lack peace (1 John 3:21) Lack the presence of the Holy Spirit (Ephesians 4:30-32).

**We get out of the prison of bitterness by:** Doing more than expected (Matthew 5:41); Refusing to criticize (Matthew 7:1); Praying blessings upon offender(s) (Matthew 5:44; Job 42:10) Recognizing how far reaching God has forgiven us (Romans 5:8); Recognizing the power of forgiveness (Luke 23:34); Believing that God is making us more like Jesus (Romans 8:28; Luke 23:34; Acts 7:60).

**Related Scripture:** Matthew 5:7; 6:12, 14-15; 18:21-35; Colossians 2:12-13; Luke 6:35-36; 17:1; Hebrews 10:17; 12:14-15; Ephesians 4:31-32; Genesis 37, 39-45:7-8;

**Prayer:** *Father teach me how to forgive from my heart daily. Pull out any roots of bitterness I've nurtured. Thank You for allowing offenses to occur. Thank You that you are making me more like Jesus through everything you've allowed in my life. I forgive \_\_\_\_\_ for every offensive word and deed. Bless \_\_\_\_\_. Bless \_\_\_\_\_ more than I could ask you to bless myself and those I love. Pour out Your great mercy upon \_\_\_\_\_.*

**Helpful books:** The Bait of Satan by John Bevere;  
Total Forgiveness by R.T. Kendall