



Freedom

From Hurts, Hang-Ups, and Habits

Limitations

“Blessed are the poor in spirit...”

Pain

“Blessed are those who mourn...”

Control

“Blessed are the meek...”

Purity

“Blessed are the pure in heart...”

**“Blessed are those who hunger and
thirst for righteousness...”**

Relationships

“Blessed are the merciful...”

“Blessed are the peacemakers...”

Relationships define right living.

“If you had only known on this day
what would bring you peace.”

-Jesus

Repairing Relationships

**“Blessed are the merciful, for they
will be shown mercy.”**

-Matthew 5:7

Why We Forgive

1) Resentment doesn't work.

Doesn't Work

- 1) Resentment is unreasonable.
- 2) Resentment is unhelpful.
- 3) Resentment is unhealthy.

Why We Forgive

- 1) Resentment doesn't work.
- 2) We'll need forgiveness in the future.

“Forgive us our debts, as we
forgive our debtors.”

-Matthew 6:12

“Lord, forgive me as much as I
forgive everybody else.”

Why We Forgive

- 1) Resentment doesn't work.
- 2) We'll need forgiveness in the future.
- 3) God has forgiven us.

“You must make allowance for each other’s faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others.” –Colossians 3:13

How We Forgive

How We Forgive

1) Reveal your hurt.

Reveal Your Hurt

- Who, Relationship?
- Said, Did?
- Feel, Effects?

How We Forgive

- 1) Reveal your hurt.
- 2) Release the offender.

When?

Face-to-Face?

How We Forgive

- 1) Reveal your hurt.
- 2) Release the offender.
- 3) Replace your hurt with
God's peace.

“Let the peace of Christ
rule in your hearts.”

-Colossians 3:15

**“Blessed are the peacemakers, for
they will be called sons of God.”**

-Matthew 5:9

Why We Make Amends

- 1) Guilt and the effects of it are debilitating.
- 2) Making amends with others is making amends with God.

How We Make Amends

How We Make Amends

- 1) Make a list.

Your List

- Who, Relationship?
- Said, Did?
- Feel, Effects?
- Why are you sorry?

How We Make Amends

- 1) Make a list.
- 2) Sit where they sit.
- 3) Refocus your life.

Today's Choice

“Offer forgiveness to those who have hurt me, and make amends for harm I've done to others, except when to do so would harm them or others.”



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