The Bondage of Unforgiveness

ROCK CHURCH

THIS MONTH'S MEMORY VERSE:
But if you do not forgive, neither will your Father in heaven forgive your trespasses. **MARK 11:26 NKJV**

WHAT IS FORGIVENESS?
Forgiveness – Restoring the ability of the image of God in us to respond to the image of God in someone who hurt us.

WHAT FORGIVENESS IS NOT:
If I forgive, is what they did okay? *No.*

If I forgive, are there still consequences? *Yes.*

If I forgive, do I need to trust them? *No, not until they earn it.*

If I forgive, do I need to forget? Y*es, you need to "forget" the idea of seeking revenge, but no, you need to not forget to protect your heart.*

Forgiveness is between you and God and for your benefit.

1. CHALLENGE YOURSELF TO _____*IDENTIFY*_____ YOUR BONDAGE OF UNFORGIVENESS.

a. The emotional bondage of stressful _____*FEELINGS*_____ .
  James 1:19-20

b. The verbal bondage of dishonoring _____*SPEECH*_____ .
  Luke 6:45

c. The physical bondage of an _____*UNHEALTHY*_____ body.
  Matt 27:3-5

d. The spiritual bondage of the inability to pray for and/or _____*MINISTER*_____ to someone. **Mark 11:25-26**

What do you experience when you try to pray for them?

2. PERMIT YOURSELF TO _____ *LET GO* _____ **OF YOUR BONDAGE OF UNFORGIVENESS.** Matt 18:21-22

We were created to forgive.

3. DIRECT YOURSELF TO _____ *SURRENDER* _____ **YOUR BONDAGE OF UNFORGIVENESS.** 1 John 1:8-10

Asking Jesus into your life is as easy as A-B-C

Gospel A-B-C's

Father, I **A**dmit that I am a sinner and that my sin has brought death and destruction into my life, my relationships with people, and my relationship with God. **Romans 3:23, 6:23**

I **B**elieve that Jesus died for my sins and that His death paid the penalty for my sins. **Romans 5:8**

I **C**onfess or agree that Jesus is Lord, that He died and rose from the dead, and is able to forgive me of my sins. **Romans 10:9-10**

Jesus, I trust that You love me and can hear my prayer. By faith, I ask You to please forgive me and fill me with the Holy Spirit. I surrender my life to You. I pray this in Jesus' name. Amen.

IF YOU UNDERSTOOD THAT PRAYER AND PRAYED TO ACCEPT JESUS' INVITATION INTO A RELATIONSHIP, TEXT "SAVED" TO 52525.