

FROM PAIN TO FREEDOM

R.E.C.O.V.E.R.Y. Step 6

Evaluate all my relationships. _____ those who've hurt me and _____ for harm I've done to others except when to do so would harm them or others.

*"Get rid of all bitterness, rags, and anger...along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
- Ephesians 4:31-32.*

PART 1: FORGIVE THOSE WHO'VE HURT ME... WHY?

1. Because _____

*"Never hold grudges. Remember, the Lord forgave you, so you must forgive others."
- Colossians 3:13 (LB)*

2. Because _____

*To worry yourself to death with resentment would be a foolish, senseless thing to do."
- Job 5:2 (GN)*

"You are only hurting yourself with your anger!" - Job 18:4 (GN)

"Some men stay healthy till the day they die...others have no happiness at all; they live and die with bitter hearts." - Job 21:23-25.

3. Because _____

"When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too." - Mark 11:25 (LB)

HOW?

1. _____ my hurt.

Make a list of those who've harmed me and what they said...thought...did.

2. _____ my offender.

"How many times should I forgive my brother when he sins against me? ... Jesus answered, 'not seven times, but seventy times seven times!'" - Mark 18:21-22

3. _____ my hurt with God's peace

"Let the peace of Christ rule in your hearts..." - Colossians 3:15