



21 Days to Freedom in Forgiveness

Introduction:

Forgiveness for others and ourselves is a big deal in our lives. We all have been offended by others—even profoundly hurt or wounded by the words and behaviors of others. These make us mad. It was unfair. None of us should be treated this way, however, mean words and bad behaviors happen to most all of us. It's just part of life.

Forgiveness of others and myself have been part of a huge learning curve in my own life. Various people and events in life hurt me profoundly. I came to understand the damage I was doing to myself by withholding forgiveness. I finally turned to the Lord for his generous help. The Lord has prompted me to help others with tools and resources on how to forgive. I began to do workshops and continue to write a blog on forgiveness. This year, I started a website called: EntertheHealingRoom.com. I invite you to check it out.

Many modern books on forgiveness are of the self-help variety, and many do offer helpful suggestions. However, it's been my belief for a while that true healing and freedom really occur with the loving assistance of God the Father, His Son Jesus, and the Holy Spirit. I think we need to ask for God's help. This is tough work—perhaps some of the toughest work we will ever do, and yet, it's also filled with God's amazing Blessings. Forgiving others or ourselves IS one of the best things we could ever do for our own well-being.

It is said that it takes 21 days of consistent attention to break an old bad habit, or to form new good habits. The following 21 Days to Freedom program is designed for the person who would like to know more about moving on from the devastations, anger, or remaining hatred

which they still harbor deep within themselves. My hope is that anyone doing the 21 days will be well on their way to freedom--- in about 3 weeks!

The format is as follows:

1. Introduce or describe an important aspect of forgiveness.
2. Identify one or more Scriptures which will either highlight the issue, or offer practical suggestions for moving on.
3. Ask one or more questions about this issue. I invite you to pray on your answers, and think deeply about each one before moving to the next day.

I always encourage writing honest notes to yourself about exactly what is happening, as you move through the program. I have found these notes to be immensely helpful in the process of being healed. **Let's get started, shall we?**

Day #1... What is forgiveness anyway?

Let's look first at what forgiveness is NOT:

- NOT overlooking, ignoring, or denying what happened to me.
- NOT excusing or condoning the damaging behaviors of others.
- NOT trivializing the trauma or pain I experienced.
- NOT forgetting the hurt and harm I sustained, or pretending it did not happen.
- NOT restoring trust with an offender, or that I need to have an ongoing relationship with that person.

A definition for forgiveness I like is the following from philosopher Joanna North of Great Britain: “ **When unjustly hurt by another person, we forgive when we overcome the resentment we carry toward the offender, not by denying our right to resentment, but instead by trying to offer then wrongdoer compassion, benevolence, and love. As we freely give these, we as forgivers realize the offender does not necessarily have a right to these gifts.**”

Scripture from Jeremiah 29:11: **For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope.**

Question to ponder: What does forgiveness mean to you?

Notes:

Day #2... What happened to you? What caused you harm and pain?

In my own journey in forgiveness, I became convinced that I needed to “go there”, or grapple with exactly what happened. Many of us were cheated, betrayed, abandoned or ignored. Others took advantage of us, or spoke harshly or critically to us. People we trusted acted badly, and said mean things which were totally unnecessary. Others tried to cram things down our throats for their own advantage, or even humiliated us in public. This is the short list!

I like the idea of writing notes on paper to take an honest and sober look at what happened to us. We get it all in front of us in one place. Seeing what happened may cause anger, anxiety, or even tears. Grappling with all this “tough stuff” is the first step toward healing, and being set free.

Scriptures from Hebrews: **Today, when you hear the voice of God, harden not your heart.(3:15) And: Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.(12:15)**

Question to ponder: What happened to cause you hurt or pain?

Notes:

Day #3... Why did the offender’s do what they did?

In my own journey, I felt it was important to try to understand WHY others did what they did. This has helped me a lot over the years. Understanding others has helped me to convert my judgments to mercy and compassion.

Here are some observations I've made:

- **Hurt people, hurt people.** Others who have not dealt with their own personal issues will often lash out at others. They hurt others because their own hurts have not been resolved. In many cases, they don't even recognize what they are doing.
- **Worldliness...** People inflicting pain on others frequently comes from their obsession to getting their way, especially in the world of work, or even in volunteer opportunities. They want to cram their agenda down others' throats. They love control. They can be offensive and rude!
- **They know not what they are doing.** (See Luke 23:34) Others can live in an altered reality where they are totally oblivious to others around them. Their own reality is extremely selfish, and can be hurtful to others.

Scripture from 2 Timothy 3:2-5: **For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred. They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good. They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God. They will act religious, but they will reject the power that could make them godly. Stay away from people like that!**

Question to ponder: Why do you think the offenders did what they did to you?

Notes:

Day #4... How do I FEEL about what happened?

It's very common to have a range of emotions after being hurt. They certainly include:

Anger, anxiety, a desire for revenge, hopelessness and despair, or sadness and loneliness. It's natural for us to feel a wide range of negative emotions. We have been hurt, harmed, wounded, or violated. What happened was painful!

I believe we need to ALLOW ourselves to revisit how we really feel, and to get it written down right in front of us. Sober honesty with ourselves is very important.

Scripture from Matthew 5:21-24: **You have heard what our ancestors are told, 'you must not murder'. If you commit murder, you are subject to judgment. But I say, if you are angry with**

someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. And from 1 John 4:20: If someone says, “I love God”, but hates a Christian brother or sister, that person is a liar; for if we don’t love people we see, how can we love God whom we cannot see?

Questions to ponder: How are you feeling now about the hurt and harm you sustained? How are you dealing with the anger you still feel toward your offenders?

Notes:

Day #5... How do I feel continued:

After hurt and harm, another strong natural feeling is for REVENGE. I desire to get even, to have the offender feel the exact amount of pain I sustained. I want to retaliate in kind, and want revenge on my terms. And I want it now!

For many years, I complained to the Lord about certain situations: Lord, how could you allow this to happen to me? What are YOU going to do about it? When are YOU going to hold this person accountable?

Scripture from Romans 12:17-21: **Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say,**

I will take revenge;

I will pay them back, says the Lord. Instead, if your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads. Don’t let evil conquer you, but conquer evil by doing good.

Question to ponder: Are you still plotting revenge against your offenders? Do you recognize the high cost of getting even?

Notes:

Day #6... Antics and behaviors? Am I acting out from the hurts I sustained?

People in pain tend to act out. Some common behaviors include:

- Numbing pain with alcohol, drugs, or overeating.
- Going ballistic over minor life events.(The cause could be unresolved pain.)
- Venting and ranting about my offenders. Also—gossip, slander and name calling.
- Overspending on credit cards, to now get everything I deserve.(I feel entitled.)
- Defensiveness with others. I cannot tolerate any criticism whatsoever.

Scripture from Galatians 5: 19-21: **When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living like that will not inherit the Kingdom of God.**

Question to Ponder: Are you acting out in several ways, due to the unresolved pain which still exists from prior failed relationships?

Notes:

Day #7... Grubby state of mind?(Grudges, resentments, unforgiveness, bitterness and blame)

While stuck in a Grub filled mind, what is happening with me? Common characteristics:

- Judgments, hatred and contempt for my offenders--- and still angry!
- Self-talk of: “I will never forgive, not on my watch.” “I don’t get mad; I get even!”

- Victim role with a comfort zone in the Pity-Pot. “Don’t you know what they did to me?”
- Still distracted by past events. Looking back over our shoulders at the past too much.
- Still repaying our Grievance story in our minds.
- Lonely, sad, in despair, even depressed
- Still plotting revenge... “I will get this person, if it’s the last thing I ever do!”
- Entitled to whatever I want, because the world owes me for all the terrible things which I have had to endure.
- Demanding an apology as the condition on which I “might” forgive.
- Refusing to get help. I will figure this out on my own.
- Refusing to consider my own contributions to a failed relationship. How did I fan the flame of discord and animosity with others?

Scripture from James 4:7-10: **So humble yourselves before God. Resist the devil and he will flee from you. Come close to God, and God will come close to you. Wash your hands you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.**

Question to Ponder: In what ways are you still grubby? What resonates with you from the list here on Day #7?

Notes:

Day #8. Prayerfulness is a Big Deal in forgiveness!

My tendency in forgiveness issues has been to “deal with all this stuff on my own”, relying too much on my own strength, intellect, and willpower. I can tell you from personal experience that this approach DOES NOT WORK! I have needed to spend time with our Lord in Prayer. Here are some reasons:

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- I can vent and express my deepest frustrations, anger, regrets and shame from my experiences in being hurt. Our Lord is a world class listener. He provides great comfort and solace away from the storms and devastations of harm which have come my way.

- I can be directed to God's Holy Word in the Scriptures, to show me more about His Holy heart of mercy and compassion. I am called to take on His heart for the people who have harmed and damaged me.
- Receive encouragement and instruction on exactly what I am being called to do. My Lord is asking me us to: reconcile, understand more about the offender, or convert my hard-heartedness to greater mercy and compassion.
- Challenges me in the tough work of forgiveness in the Scriptures: 7x70 forgiveness in Matthew 18:21-22; Turning the other cheek rather than retaliating in Matthew 5:38-42; Loving our Enemies in Matthew 5:43-48; Living out the Fruit of the Holy Spirit in Galatians 5:23-24. I need His grace to even have a chance at living these out.
- I can get quiet before the Lord, and be attentive to His voice in dealing with all the issues around forgiving others or myself. He is with me in every bit of the journey. He wants to help me be set free.
- Pray and Intercede on behalf of the very people who caused us so much harm. This is the supernatural Grace of God at work in me.

Scripture from Luke 5:16: **Jesus often withdrew to lonely places to Pray.** If Jesus went off to pray, shouldn't we follow His example?

Question to Ponder: Is daily Prayer a part of your process in your forgiveness journey? If not, will you begin to pray today?

Notes:

Day #9. What does Jesus want to teach me about forgiveness?

_I can lean on Jesus to help me in my struggles to forgive. A great Scripture to study closely is in Matthew 11:28-30, where Jesus invites me to come to Him, when I am weary and carry heavy burdens. The weight of unforgiveness is likened to carrying a heavy bag of rocks around all the time. I can and have relied on Jesus to help me. All I ever needed to do was ask was for His help.

Jesus also reminds us in Matthew 6: 14-15: **If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.** This is a sobering reminder about the importance of forgiveness!

Jesus knows from personal experience the many ravages of unforgiveness, yet He forgave everyone, even the people who were crucifying Him.(See Luke 23:34) My model in forgiveness for others or myself is Jesus Himself.

Our loving Lord wants to help me to be Set Free from all the poisons of unforgiveness. He knows the negative impacts which can affect me physically, mentally, emotionally, and spiritually. He knows I cannot be available for building the Kingdom of here and now, if I am still steeped in the ugliness of past events.

Question to Ponder: Have I asked Jesus to help me with my struggles in forgiveness? What is Jesus trying to teach me now?

Notes:

Day #10. Why should I forgive others, and myself?

Forgiving others or myself is one of the biggest gifts we could ever give-- to ourselves! We become delivered from the bondage and strongholds of unforgiveness. It's just really good for me. My well-being is restored, and I regain the Joy of living and being set free from the shackles of the GRUBB we discussed earlier.

In forgiveness, I prove I am a disciple of God (John 13:35), and have responded to God's call to forgive. I also "gain His favor" in forgiving.(See Psalm 19:14)

Scripture from 2 Corinthians 5:17-18: **This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!**

Question to Ponder: Who is the person I have had the most trouble forgiving?

Notes:

Day #11. What prevents me from wanting to forgive?

I can certainly justify (in my own mind) the withholding of forgiveness. I may still be very angry, or I think that my offenders do not deserve to be forgiven. Here are a few more which can prevent me from wanting to forgive:

- I still want revenge or restitution on my terms.
- I remain in a weird comfort zone of unforgiveness. It's what I've gotten used to. I like having a grumpy "edge" all the time.
- I assume that all the buried hostility and animosity toward others will just go away on its own. (It doesn't!)
- I REFUSE to make the first move toward reconciliation, because I am "right".
- I remain stuck in pride and self-righteousness.
- I wrongly assume that I "lose" if I forgive someone.
- What others did was "unforgiveable".
- I am still waiting for an apology. In my mind, I won't consider forgiveness until the other person offers an apology from the heart.

Scripture from Romans 8:12-14: Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. For all who are led by the Spirit are children of God.

Question to Ponder: What prevents you from forgiving the people who have caused you harm?

Notes:

Day #12. Enough is Enough!

I came to realize that living with unforgiveness is no way to live. Life is too short to live with the destructive shackles of unforgiveness. I came to realize that I needed to CHANGE what I

was doing, because what I had been doing was not working. As the saying goes: "I am sick and tired of being sick and tired."

Here are a few ideas which others have adopted to Move On:

- Sought the help of Jesus in Prayer.
- Read books on forgiveness.
- Received professional counseling.
- Reached out to offenders, to talk through issues, to attempt to reconcile.
- Studied Scriptures on words related to forgiveness.
- Listened to podcasts or attended workshops on the topic of forgiveness.
- Worked with a mentor, who themselves have dealt with forgiveness issues.
- Been Prayed over with other mature Christians.

Scripture from Luke 15:17: **When he finally came to his senses, he said to himself, 'At home even the hired servants have enough food to spare, and here I am dying of hunger'!** And Deuteronomy 30:19: **Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness to the choice you make. Oh, that you would choose life, so that you and your descendants might live!**

Question to ponder: Are you READY to move on from all the ravages of unforgiveness?

Notes:

Day #13. Forgiving ourselves?

Sometimes, the toughest person to forgive is ourselves. I wonder: How could I have been so stupid? How did I allow this to happen? What was I thinking?

I could remain stuck in guilt, shame, regrets, or remorse over my own offensive actions or words. Fortunately, our loving God has forgiven us. In Psalm 32:5: **Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone.**

Another great story in the Bible in Mark 2:1-5 discusses a paralyzed man who is lowered through a roof right down in front of Jesus. **Seeing their faith, Jesus said to the paralyzed man, "My child, your sins are forgiven".**

Question to ponder: Do I realize that Jesus has forgiven me completely for my own sins and wrongdoing? Have I truly accepted His forgiveness?

Notes:

Day #14. Tools for the Road Ahead

The first of the “go to” tools in forgiveness is what I call the **Vent Letter Plus Process**. I find this to be an excellent process when I encounter someone who is challenging or offensive. A detailed explanation can be found in the Workbook (pp. 36-38) in the EnterHealingRoom.com website. Here are the highlights:

- The Vent letter is for our use alone. I write down what has been said, or describe behaviors of others in detail. I “let-it-fly” on to the paper in front of me. My rage or frustration gets transferred to the page I am writing on.
- I recount my own errors or wrong doing in the relationship. I can confess them, and repent to Jesus. I can even apologize to another person. Some powerful words are: “I owe you an apology. Could you forgive me?”
- I am grateful for what I’ve learned with this challenging person. In tough relationships, there is usually a lot I can learn. Being humble is a big key.
- I count my Blessings for what has transpired. Believe it or not, I always receive Blessings, even in the most difficult relationships.
- I look for opportunities for what is next in the relationship with a difficult person. To me, this always involves MORE prayer and intercession for the person, especially for the people I dislike the most!

Scripture from Ephesians 4:31-32: **Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.**

Question to Ponder: What are the opportunities ahead with the person (or people) with whom you have had the most difficulty in forgiveness?

Notes:

Day #15. Reconciling relationships with others

I can still think of fractured relationships, which have not been reconciled. There is still unfinished business with certain people. Tensions and disagreements have not been resolved. Many of these have festered for decades. I no longer even talk to certain people?

Ideally, two people who are at odds can meet in person, and calmly and humbly talk through the issues. In these conversations, apologies are common from both parties. There is tremendous power in an apology! There might be a meeting of the minds, and a burying of the hatchet. The rancor and animosity of the past disappears. Friendships and relationships are often restored.

A reconciliation conversation might even happen by phone, especially when I am no longer in reasonable proximity to meet in person. I once had an effective 10 minute call with a long term adversary, which was the best conversation we ever had. This helped to resolve many issues from the past. Prior issues and rancor just disappeared after the call.

As a Christian, I should be the FIRST one to reach out to others, always trying to “settle with adversaries on our way to court”.(Matthew 5:25)

Scriptures which apply: **Bear with each other and forgive one another if any you has a grievance against someone. Forgive as the Lord forgave you.(Colossians 3:13)**

Question to Ponder: Have you attempted to reconcile with your offender’s? If not, what holds you back?

Notes:

Day #16. Seeing others through the Eyes of Christ

Several years ago, I was involved in a difficult relationship with a person--- a so called friend, who loved to control everybody and everything around him. I was filled with judgments and contempt for this man. I was at my wits end about what to do and prayed a lot for advice and

counsel. One day, I felt the Lord offering me a new process of forgiveness for this man, which worked well in dealing with him, and others who came after. Here is the process:

- See this person through My eyes. (See others through the loving eyes of Christ.)
- Do not Judge (Matthew 7:1-5)
- Take the log out of your eye (Matthew 7:3-4)
- Forgive, forgive, forgive--- the 7x70 kind. (Matthew 18:21-22)
- Be a Prayer Commando on his behalf. (My spirit told me this man had several demons, which needed to be rebuked and expelled. See Mark 5: 1-20, to see how Jesus does it. We have been given the authority to expel demons as well.)
- Live out Colossians 3:12-14: ... **you must clothe yourself with tenderhearted mercy, kindness, humility, gentleness and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.**

Question to Ponder: Are you able to see the most challenging people in your life through the eyes of Christ?

Notes:

Day #17. Spiritual Works of Mercy

Some years ago, I attended a Catholic church in Minneapolis called Our Lady of Lourdes. Just behind the altar were two banners--- one with the Corporal Works of Mercy and the other called the Spiritual Works of Mercy of the Catholic Church. I'd never seen these before in any church. Since I work in forgiveness issues, I wanted to learn more. Here they are:

- Counsel the doubtful
- Instruct the ignorant
- Admonish sinners
- Forgive the selfish
- Bear wrongs patiently
- Counsel the doubtful
- Pray for the living and the dead

These provide excellent reminders in what I am called to do in mercy and forgiveness for others. They speak to exactly what I should be doing, especially with the most difficult people in my life.

Scripture from Hebrews 12:14-15: **Work at living in peace with everyone, and work at living a holy life, for those who are not holy will see the Lord. Look after each other so that none fails to receive the grace of God.**

Question to Ponder: Are you developing a heart of mercy for your offenders? If not, what still stands in your way?

Notes:

Day #18. Mentors, Catalysts, and Encouragers

It helps to have companions for our journey in forgiveness. Mature Christians who know us well can offer encouragements in forgiveness. They already know the Blessings received from forgiving others. They can even “hold my feet to the fire” when I am simply refusing to forgive. They can suggest small steps which move me down the path. They operate as partners in forgiving, fully knowing this is some of the toughest work I will ever do as a human.

A good friend in Christ will pray with us and listen closely as I vent and complain about an old offender. These folks know the Peace which comes on the other side, after I in fact decide to forgive.

Scripture from Hebrews 12:23-25: **Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of the Lord’s return is near.**

Question to Ponder: Do you have a mentor with you in your forgiveness journey? If not, are there people you know who might be that right person?

Notes:

Day #19. The evil one is lurking!

The evil one and his minions of demons will do all they can to prevent me from forgiving others or myself. Evil influences will want me to do the following:

- Dredge up past events which I've already forgiven and resolved.
- Want me to replay my grievance story over and over.
- Plant seeds of doubt about whether I could "ever" forgive a certain person.
- Tempt me into angry and profane exhortations about an offender from the past.
- Tempt me to continue to judge and hold others in contempt.
- Trap me into a woe-is-me victim mindset—the perpetual Pity-Pot.
- Harden my heart against letting-it-all-go and just moving on.

1 Peter 5:8-9 says it well: **Stay alert! Watch out for your great enemy the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are.**

When I suspect an attack from the evil one, I've learned to say a quick prayer which always begins with: **In the name of Jesus.** (The evil one hates the name of Jesus!) The prayer might go like this: *In the name of Jesus, I come against these demons of anger, judgments, anxiety and fear etc., which are coming at me now. In your name Jesus, and under Your full authority, I expel and rebuke these demons. Jesus, send them to hell forever, and compel them to stay there. Jesus, I desire to be set free! Amen*

Another helpful and powerful set of Scriptures are in Ephesians 6:10-20---putting on the Armor of God. Verse 11 says it well: **Put on all of God's armor so that you will be able to stand firm against the strategies of the devil.** I believe that ALL Christians should closely study these verses from Ephesians 6:10-20, to know about putting on the armor against the tactics of the devil. I can assure you that the devil does not want us forgiving anyone.

Questions to Ponder: Do you feel you are under attack right now, in your journey in forgiveness? Do you think it makes sense to learn about putting on the Armor of God?

Notes:

Day #20. Deciding to Forgive. How do I do it?

Ultimately, my moving on or letting go of the hurts and pain I've sustained involves a DECISION, and it's one of the most important ones I will ever make. Will I forgive, or not? Who would ever want to hang on to the many ravages of harbored grudges, resentments, unforgiveness, bitterness and blame? While in this "grubby state" I "drink the poison, and hope the other person dies". As noted earlier, this is no way to live, and certainly robs me of the certain Joy and Peace of living under the Lordship of Jesus, here and now.

How do I **decide** to forgive? Some suggestions:

- I respond to the call of Jesus to forgive others, and myself. God knows how good this is for my own well-being and overall health as a human.
- I come to grips with(admit) the fact that whatever I've been doing has not worked. Enough is enough. I needed to do something differently. Why not try forgiveness?
- I take inventory on the damage I've been doing to myself, then decide that forgiveness really is the only key to new freedom.
- I release my offenders to Jesus. God is more than willing to take them off my hands.
- Thinking even one more minute about past devastations and hurts is a waste of time, and ROBBS me of the Joy and Peace of living in the present moment. Moving on is good for me, and the right thing to do.
- Recognize how much my Lord has forgiven me , and for me to extend this same level of forgiveness to others. (See Matthew 18:32-35)
- I emulate the forgiveness, mercy and compassion Jesus had for his tormentors while He was here on earth. I recognize that my suffering will never be as egregious as what Jesus endured on His way to the Cross and on the Cross.
- I act upon the challenging Call of the Scriptures in: Loving my Enemies in Matthew 5: 43-48; Turning the other cheek and NOT retaliating in Matthew 5:38-42; Forgiving 7x70 with unlimited forgiveness in Matthew 18:21-22; Judging NOT in Matthew 7:1-5; Recognizing the Father will not forgive us, if we REFUSE to forgive others.(Matthew 6:14-15)

Scriptures from Galatians 5: 22-25 to help us: **But the Holy Spirit produces this kind of fruit in our lives: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control. Those who belong to Christ Jesus have nailed their passions and desires of their**

sinful nature(and all unforgiveness) to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

Question to Ponder: Have you decided to forgive all your offenders yet? If not, what else do you think you need to do?

Notes:

Day #21. Sensing that Freedom?

I've grappled with many struggles in unforgiveness. I've asked our Lord for help, and He has poured out His abundant Grace to help me. I've done a lot of hard work. I'm more than ready to move on with life. I'm sensing a new level of peace and relaxation unlike any I've ever experienced before.

I am feeling FREED UP from:

- Judgments, condemnation and contempt
- Anger, rancor, animosity, and hostility
- Name calling, gossip, slander, and bad-mouthing our offenders
- Vile and angry outbursts over minor life events
- Harbored grudges, resentments, unforgiveness, bitterness and blame
- Relentless replaying of our Grievance stories
- "Drinking the poison of unforgiveness, and hoping the other person dies."

Imagine being released from the prison I've inhabited for many years. It's a warm sunny day, with a pleasant breeze, and I've been SET FREE! The rest of life is right in front of me.

Scripture from Galatians 5:13-15: For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. For the whole law can be summed up in this one command: "Love your neighbor as yourself."

Question to Ponder: Are you feeling FREE from the ravages of unforgiveness?

Notes:
