

Freedom from Self-Unforgiveness WORKSHOP

A. Forgiving Others and Yourself Brings Freedom.

1. Matt 6:14-15 says, “¹⁴ For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”
2. Luke 6:37 says, “Forgive and you shall be forgiven.”
3. Mark 11:25-26 (AMPC) says, “²⁵ And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that Your Father who is in heaven may also forgive you your [own] failings and shortcomings and let them drop. ²⁶ But if you do not forgive, neither will your Father in heaven forgive your failings and shortcomings.”
4. Therefore, sow forgiveness and reap forgiveness.
 - a. Do not sow unforgiveness so you will not reap unforgiveness.
 - b. The Parable of the Sower (in Matt 13:18-30) teaches to sow good seed to reap good fruit.

B. Avoid the Bondage of Unforgiveness

1. Unforgiveness is sin, which hinders your prayers. 1 Peter 3:7; Col 3:19
2. Unforgiveness can result in being kicked out of the church away from God’s protective covering into the devil’s realm. Matt 18:16-20
3. Unforgiveness can cause the person to be turned over to satan for the destruction of the flesh. 1 Cor 5:5
4. Unforgiveness and Self-unforgiveness brings **tormentors**. Matt 18:35

a. Self-injury	g. Self-hatred
b. Self-deception/denial	h. Self-rejection
c. Self-justification/defensiveness	i. Self-condemnation
d. Self-esteem/unworthiness	j. Self-neglect
e. Self-centeredness	k. Self-sabotage/opposing myself
f. Selfishness	l. Self-punishment

C. The Importance of Forgiveness

1. If you confess your sins, [God] forgives you of all sins. 1 John 1:9
2. Forgiveness restores relationships. Matt 18:15(AMPC)
 - a. If your brother wrongs you, go and show him his fault, between you and him privately. If he listens to you, you have won back your brother.
3. Forgive 70 times 7 and debts will be forgiven. Matt 18:21-35
4. When forgiven, forgive others from your heart. Matt 18:23-36
5. Forgiveness is the prerequisite to healing. Matt 9:5; Ps 103:3
 - a. The paralytic received forgiveness and got healed. Mark 2:1-12

6. Eph 4:31-32 says, “³¹ Let all **bitterness, wrath, anger, clamor (shouting), and Evil speaking** be put away from you, with all malice. ³² And be kind to one another, tenderhearted, **forgiving one another**, even as God in Christ forgave you.”

PRAYER TO FORGIVE OTHERS

Heavenly Father, in the Name of Jesus, I confess and repent of the sin(s) of: _____ (Example: *Being offended, being in unforgiveness, saying negative things, being angry or upset, etc.*) In the Name of Jesus, according to First John 1:9, thank You, Lord, for forgiving me and cleansing me of all unrighteousness and helping me not to do this sin(*or these sins*) again.

In the Name of Jesus, I forgive _____ (Person’s name), from my heart, for _____ (Example: *offending me, hurting me, saying negative things to me or about me, getting angry and upset at me, etc.*).

In the Name of Jesus, I receive forgiveness; and I bless him/her. I love him/her with the love of the Lord. I thank You, Lord, for covering me with the Blood of Jesus. Holy Spirit, please fall fresh upon me and remain on me; and help me to walk in the Fruit of the Holy Spirit and forgiveness so that I will not become offended anymore, in the Name of Jesus. Amen.

PRAYER TO FORGIVE MYSELF

Heavenly Father, in the Name of Jesus, I confess and repent of the sin of not forgiving myself for _____ .
(Example: *Self-hatred, Self-rejection, Self-condemnation, Self-neglect, Self-sabotage/opposing myself, Self-punishment, Self-injury, Self-deception/denial, Self-justification/defensiveness, Self-esteem/unworthiness, Self-centeredness, Selfishness, etc.*)

In the Name of Jesus, according to First John 1:9, thank You, Lord, for forgiving me and cleansing me of all unrighteousness and helping me not to do this sin(*or these sins*) again. In the Name of Jesus, I forgive myself from my heart. In the Name of Jesus, I receive forgiveness and I bless myself. I love myself with the love of the Lord. I thank You, Lord, for covering me with the Blood of Jesus. Holy Spirit, please fall fresh upon me and remain on me; and help me to walk in the Fruit of the Holy Spirit and not to walk in self-unforgiveness so that I will not oppose myself anymore, in the Name of Jesus. Amen.

Recommendation - Affirm This Once a Day Looking in the Mirror:

In the Name of Jesus, I love myself with the love of the Lord.
I have great peace because I love [God’s] law; and with the Holy Spirit’s help, nothing causes me to stumble or become offended.
(Psalm 119:165)