

# Principles of Forgiveness

Judy Ebbitt





# Stuff

We all have it.

It is the will of God that every  
believer have a **powerful,**  
**abundant,** and **victorious** life!

“Let us lay aside every weight, and the sin which does so easily beset us, and let us run with patience the race that is set before us.”

Hebrews 12:1b



We all have  
STUFF





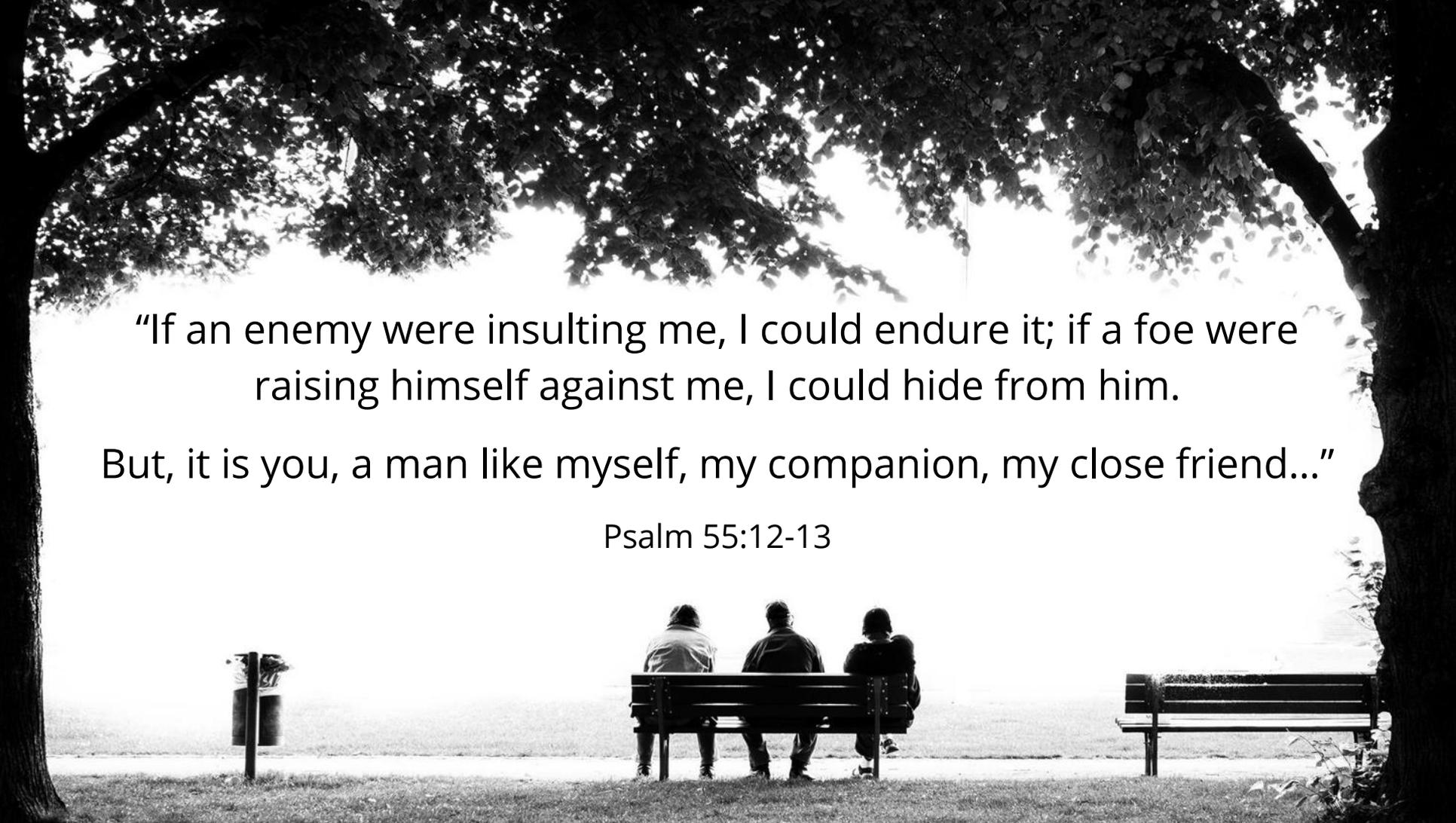
# Social Relationships

**Scenery:** non-relational; highways

**Service:** detached relationship; serve us in professional or clerical categories

**Social:** acquaintances

**Special:** bonded; family, friends, those we care for the most. Those we love, trust or hold in high regard.



“If an enemy were insulting me, I could endure it; if a foe were raising himself against me, I could hide from him.  
But, it is you, a man like myself, my companion, my close friend...”

Psalm 55:12-13

# Types of hurt

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## Betrayal

Any violation of trust.

Breaking of a covenant of trust on the pledge of another.

## Abuse

Any demeaning action.

Neglect, beating, verbal or sexual abuse.

Criticism, teasing, threats.

## Rejection

Non-acceptance.

Absenteeism. Punishment.

There is no hurt any deeper and this is the most difficult to find healing for.

“If someone asks, ‘What are these wounds on your body?’ He will answer, ‘The wounds I was given at the house of my friends.’”

Zechariah 13:6

“I am the way I am because  
**you** are the way **you** are.”

“If **you** wouldn't be the way **you** are,  
I wouldn't be the way I am.”

Victim's Motto

We all have  
**Stuff**



## Unforgiveness:

Taking *offense* at a person's actions toward us. Leads to bitterness/anger/bondage. Not looking to God. Spiritual poison!

## Forgiveness:

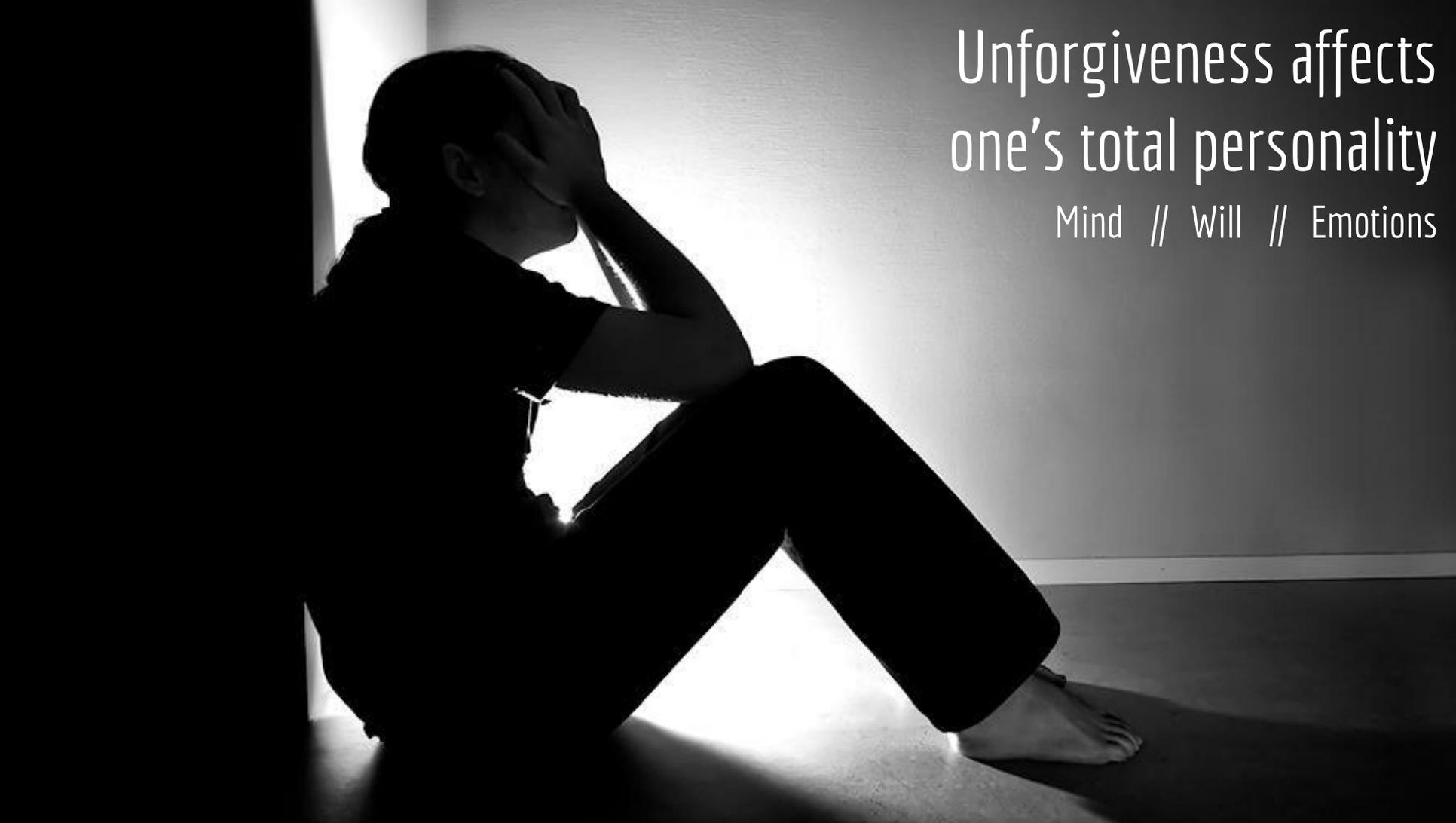
Assuming the grace of God toward the person who has wronged us. Keeping no record of wrongs.





## Reasons we don't forgive:

- "He doesn't deserve it!"
- "I haven't punished them enough."
- "She will just do it again..."



Unforgiveness affects  
one's total personality

Mind // Will // Emotions

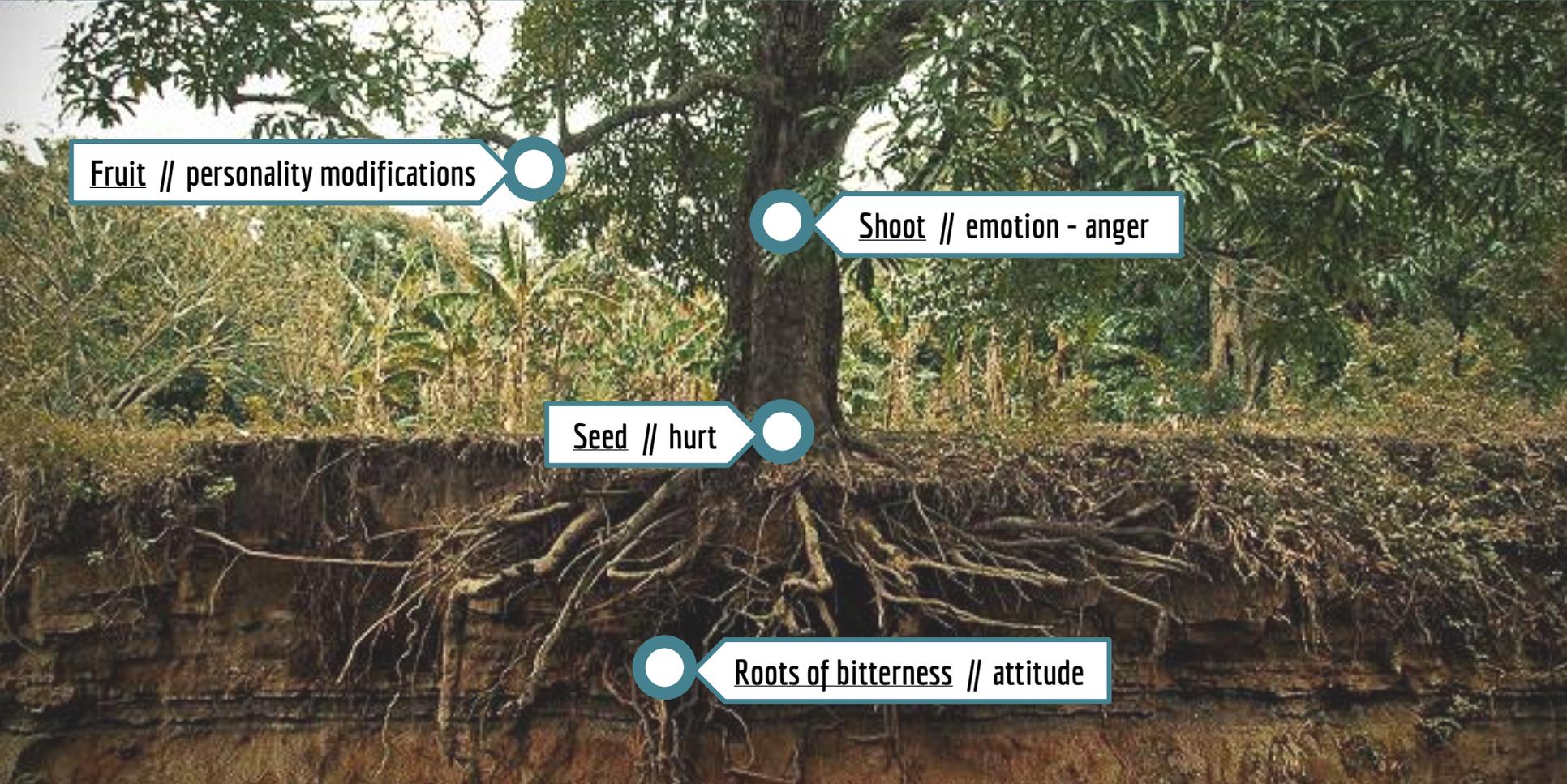
# Without grace, the root of bitterness grows

Fruit // personality modifications

Shoot // emotion - anger

Seed // hurt

Roots of bitterness // attitude





# The spiral of bitterness leads to many destructive tendencies

Unforgiveness › Rejection › Judgment › Rebellion › Retaliation › Isolation › Loneliness › Depression- Destruction

Wrath, as it continues  
to expand, will  
ultimately explode or  
implode in the form of  
rage.



Anything  
**suppressed...**

and not **addressed...**

will eventually be  
**expressed!**



# Choose grace

To receive it, there must be  
a desire for it.

Grace transforms our human  
weakness into God's power.

Grace causes our lives to be the  
dwelling place of God's power.

Grace reveals Christ through our  
adversity.

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Forgiveness is:

Showing mercy  
Canceling a debt  
Doing it God's way  
Refusing retaliation  
Taking the high road  
Releasing all bitterness  
Granting someone a pardon

a choice to assume the grace of God

# Belief systems determine your choices:

## Belief System:

- What you believe about God, yourself, others, and life in general
- It is formed at an early age
- It is composed of both good and bad beliefs
- It lies at the center of all of our actions
- Drives our thoughts, actions and evaluations

### **A Godly belief system:**

- Leads to dismantling strongholds
- Is based on Biblical thinking
- Chooses forgiveness consistently
- Learns and accepts what God says about Himself, us, others, and life in general

**Victory Cycle**

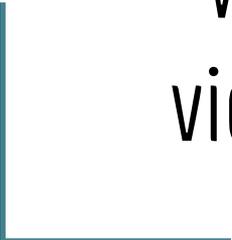
### **A faulty belief system:**

- Often leads to strongholds; can be demonic
- Is not based on Biblical truths
- Is ego-centric
- Has values resulting from wrong values, adverse experiences, wrong role models and rationalization

**Defeat Cycle**



Choosing forgiveness on a regular basis, one hurt at a time, can change our faulty belief system into a Godly belief system.



We can then step out of a life of defeat and victimization and live in freedom and victory!



We all have  
**Stuff**

What will you  
do with  
**yours?**

# Forgiveness Prayer

Dear Heavenly Father, It is my choice today to forgive \_\_\_\_\_ for the following offense which he/she brought against me \_\_\_\_\_(Briefly describe offense).

I forgive him/her unconditionally for the things done which brought hurt into my life. I drop every charge I have had against him/her and I give up the right to ever charge him/her again for this offense. I cancel every judgment I have made against him/her. In the name of the Lord Jesus Christ I release him/her from all responsibility for all the hurt which he/she caused me regardless of how badly I was hurt. Heavenly Father, I drop every charge I have had against you for permitting this to happen to me and please forgive me for any way I have blamed you for this offense. Heavenly Father, as I have forgiven \_\_\_\_\_(write in name) for the hurt I have experienced, please forgive me of my hurt, my bitterness, my anger and my unforgiveness.

Holy Spirit, please come and heal my thoughts, my emotions and my memories from all the damage and defilement caused by my offense.

Thank you, Father, for my healing.

You cannot choose what happens to you,  
but you can choose how you respond to what happens to you!

**Forgive:** Be Better, not Bitter

**Forgive:** Move from defeat to victory!

**Forgive:** Don't be a victim

**Forgive:** Get rid of your stuff!

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## Sources:

- *Lay Aside Every Weight*, Jeff Floyd
- *Resilience*, Eric Greitens
- *Joy Starts Here*, Jim Wilder