



Forgiveness Tool of Growing Faith

Free Yourself to Love Chapter 11

ICON KEY

 Question/Discuss

 Read The Bible

 Read FYTL

 Watch the Video

 No DVD Clip With This Lesson

 **Forgiveness is inextricably linked to one's faith. p. 205**

 **If you are still struggling to let go of your unforgiveness, this struggle can be traced to the faith content of your heart. p. 205**

 **“By faith” I can look at an incident with realistic expectation and then move into the prayer of blessing on the offender. p. 205**

 ***What past heart wounds need the hope and healing of God's Word?***

 **Peace for the mind that is anchored with steadfast trust. p. 206**



Isaiah 26:3;40:11

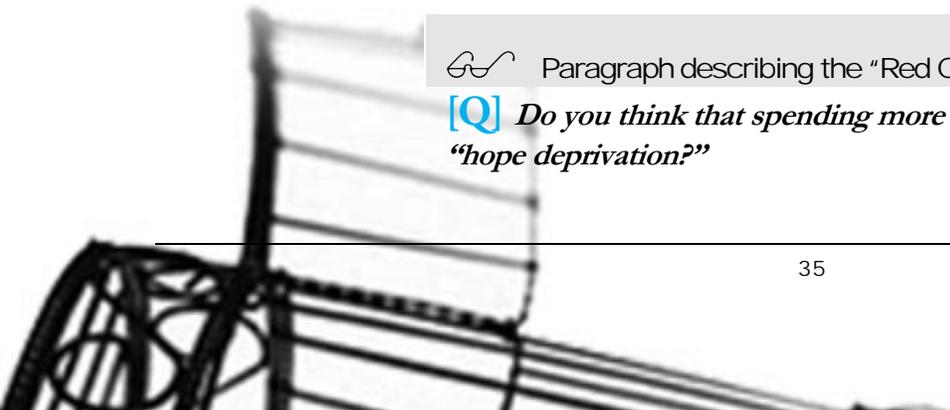
 **Heart wounds are not healed instantaneously. The length of time required for healing is in proportion to the depth of the offense. p. 207**



Deut. 33:12; Ps. 30:11

 Paragraph describing the “Red Circle of Trust Project.” pp. 207-208

 ***Do you think that spending more time learning God's Word will help with “hope deprivation?”***





👁️ Too many people want to heal a deep heart wound with an “emergency room” relationship with God.” p. 208

👁️ Time spent in God’s Word is one of the ways God chips away at some of the hardness in my heart. p. 208



Hebrews 4:12

👁️ It is too dangerous to consider looking into a painful past and dealing with the need to forgive without the fortification of a **GROWING FAITH** in Jesus. p. 209

👁️ Bitter and cynical Christians develop when people’s pain exceeds their faith. p. 209

[Q] *Has your faith been outrun by pain in your life?*

👁️ My many heart wounds have required me to become a valedictorian of God’s Word; otherwise, believe me, I would be the biggest cynic! p. 210



Ps.119:18, 24

👁️ Spending time in God’s Word allows us to rewrite our autobiography in a context of hope—amending our forgiveness story. p. 210



Psalms 119:92; Job 23:10, 12

[Q] *Do you have a daily Bible-reading habit established in your life? If not, what has prevented its development?*

👁️ Out of Something Painful, Something Beautiful Grew. Read the story and examine Manasseh and Ephraim. pp. 211, 212

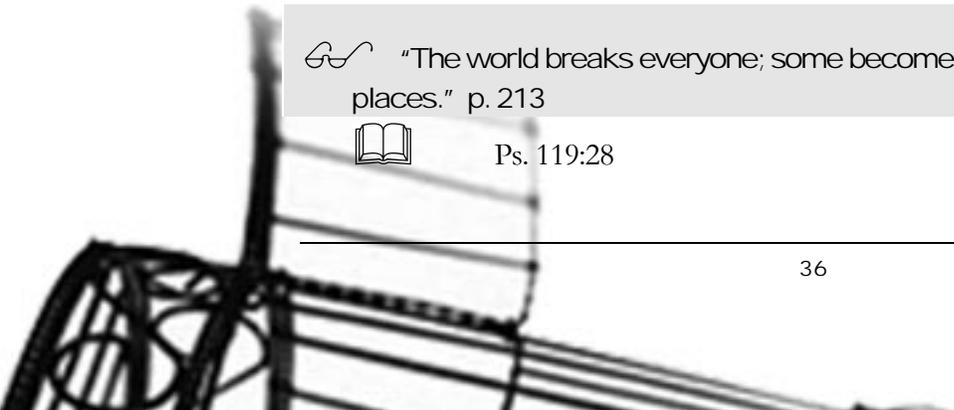


Gen.41:51, 52; 48:14, 17

👁️ “The world breaks everyone; some become strong in the broken places.” p. 213



Ps. 119:28





 **Knowing how to trust and forgive permits one to face the unimaginable. Read the story about a “New Pledge of Allegiance.” pp. 213,214**



Mk.5:41; Lk. 4:18; Ps. 34:18

[Q] *Is it still a stretch for you to accept the Ephraim message: out of something painful, something beautiful grew?*

 **Framing one’s life in God’s sovereignty allows us to be grateful for our scars. p. 215**



Ps. 119:50, 52, 67, 71

 **“The pain I have endured has made me who I am. And the more gratitude I find in my heart for the pain I have suffered, even unjustly, the more my life seems to matter.” (Dr. Leslie Parrott) p. 215**



Ps. 119:92, 93

 **A cynic is transformed. God showed her that no matter what her circumstances in life, she did not have to let her life dwindle away. p. 216**



Jer. 29:4-6

[Q] *Are you still stuck in relation to forgiving a particular person and a specific offense? Revisit Jeremiah 29:4–5 and ponder the possibility of letting life dwindle away in your “stuck” condition.*

 **Optimism Flows from Confidence in God’s Sovereignty (Papa’s Control). Faith that allows one to cease asking “WHY” and start asking, “WHAT do you want me to learn from this Papa?” p. 217**

 **Patience flows from an Addiction to Hope. p. 218**

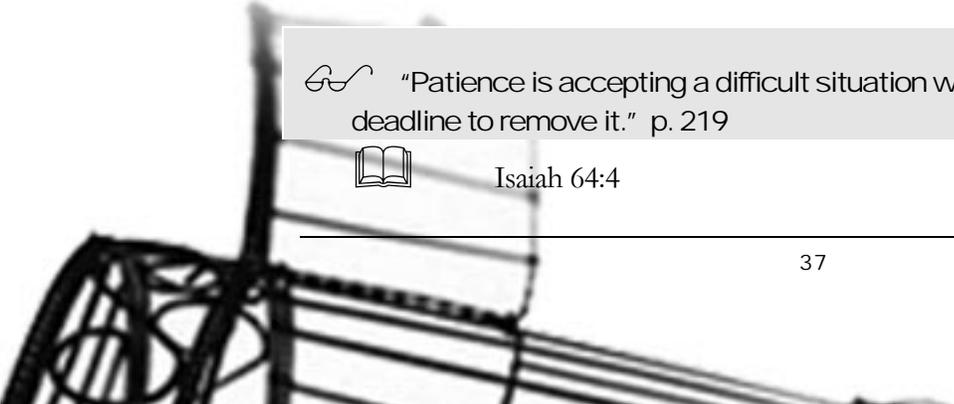


Rom. 5:2-5

 **“Patience is accepting a difficult situation without giving God a deadline to remove it.” p. 219**



Isaiah 64:4





 Sophia's powerful story of forgiveness. p. 219-220

 "The ability to find meaning and hope in suffering offers a powerful secret to mental health and survival." p. 221



Ps. 119:154,156,159

 **Close with reading the advice from Mother Teresa to hurting marriages, troubled teens and struggling single parents. pp. 223-224**

 **God Stoops Down. Share an example of this in your life this year! p. 225**

