



Road to Freedom

Week 5 - Forgiveness that Frees

First Name and last initial: _____ Date: _____

Take your time with Week 5. Invite Jesus to search your heart and be as honest and transparent as you can. It is always optional to submit your work. You may also want to use a journal for your answers.

What myths of forgiveness have you believed or used?

Draw away, contemplate, and with the Source (Jesus) search the crevices of your heart. Choose 1-3 persons whom have hurt you so deeply, that you have not been able to forgive. Briefly describe that incident and/or memory which caused the emotional pain.

What is the difference between confession and repentance? When are each necessary?

Who do you need to ask forgiveness to? (DO NOT point your finger and confess your holding a grudge against them, this is between you and God). Examples: You continually blamed your brother for things you did as a child: you may need to ask him for forgiveness.

What do you need or want to receive forgiveness for?

Who comes to mind that you need to forgive?

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Describe any pit you might have dug for yourself by holding grudges and unforgiveness.

What memories from the past keep surfacing, keep circling in your thoughts, or even dreams and nightmares, that you cannot get rid of? Describe 1 to 3 of them.

What persons/events have you buried under the carpet?

Explain an incidence when you festered a grudge, anger, or unforgiveness, then later forgave the person(s) involved.

Did you ever take something out on someone who didn't deserve your "beating"? Explain.

What does it mean to you to forgive from the heart?

Who would you like to forgive from the heart?