

1 **Codependent workshop**

Chapter 9: Offering the gift of forgiveness

2 **Pathways of Healing**

- ☞ God has prescribed methods of dealing with inner damage of our soul
- ☞ Our job is to agree with His ways, and be willing to align our hearts
- ☞ We do not own the remedy – He does
- ☞ Forgiveness is the cure to anything that breaks us internally. Often, we don't understand the tremendous ramifications of the transaction of true forgiveness
- ☞ We furthermore don't understand what true and authentic forgiveness entails

3 **Offering Forgiveness**

- ☞ God doesn't ask us to forgive or accept anything wrongful done against us.
- ☞ God hates the sin that has hurt and violated us even more than we do
- ☞ He does ask that we allow Him to deal with it through His redemptive principles

4 **The Threat of Unforgiveness**

- ☞ While the violation and wrongful deeds done against may seem to be threat, in truth, it's how we deal with those long-term that will determine the end result
- ☞ That's because the cross defeated the power of sin. That doesn't mean sin can be horribly damaging, but it simply means that Jesus somehow, someway is above it

5 **Why is Unforgiveness Harmful?**

- ☞ Anger, bitterness and resentment can become coping mechanisms – it gives us a hardened heart where we no longer have to be vulnerable to pain. But like a substance problem, it has toxic effects
- ☞ The residue of the sins imposed on us contaminates our own heart and life at all levels
- ☞ As the bitterness holds us in chains – it causes us to not trust relationships and people in general – people have power over us – we cannot grieve, heal or move into healthy relationship – our reference point to life becomes that of a "victim."
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6 **What is Unforgiveness Harmful?**

- ☞ God warns us through unforgiving servant parable that a lack of forgiveness will lead to our own torment
- ☞ Lack of forgiveness places us in a spiritual crisis because the Word of God states that if you do not forgive, God cannot forgive you. This means guilt, shame and condemnation will be experienced.
- ☞ *But if you refuse to forgive others, your Father will not forgive your sins.* – Matthew 6:15

7 **A Bitter Spirit – Spiritual Cancer**

- ☞ If we don't deal with unforgiveness, we can develop an overall negative, bitter spirit where we perceive everything through faulty filters – perceiving violations when they don't necessarily exist (victim cycle).
- ☞ We may continually see ourselves as deserving more and never being treated "good enough" – this is because the old wound still speaks into our life above and beyond the reality of what is occurring in the here and now.
- ☞ Bitterness must be seen as a disease – it will literally destroy a person – no limit to where it can take us emotionally, mentally, physically and spiritually.

8 **Forgiving our parents/ancestors**

- ☞ We should be especially focused on family of origin sins, beginning with our parental experience
- ☞ The sins of our parents are often passed onto us (generational sins). We can remove the power of them through forgiveness.
- ☞ The sins of our parents (through violation or neglect) cause the deepest of wounds and the most significant issues with trust. If a proper bond of trust wasn't established at a parental level, we won't be able to offer it in future relationships.

9 **Forgiving our parents/ancestors**

- ☞ We must accept, grieve and pray over those things that were lost or violated in our past in order to move in healthy relationships in the future.
- ☞ Forgiving parents and authority figures in our life will make us more prone to be able to eventually put ourselves under leadership in a healthy way.

10 **When We Don't Want to Forgive**

- ☞ We need the perspective of God's heart – not our own heart - God's system is in contrary to our own
- ☞ We must come to understand that forgiveness isn't about merely releasing that person from a debt, it's about being released from them where we ourselves can be set free
- ☞ Forgiveness removes the dirt and infection of the wound, thus allows for a healing to occur.
- ☞ We CANNOT heal when that wound has been covered by unforgiveness – the sin will continue to fester
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11 **Preparing to Forgive**

- ☞ We must first remember that we ourselves were once violators in His eyes and He bestowed grace on us.
- ☞ We must understand that God was not "okay" with the way people violated us – the violations were awful. We need to see His grief and pain over the way people hurt us. He hated it too!
- ☞ We must be willing to call "sin, sin". But we must be prepared to separate people from the sinners – recognizing, like Jesus, we have only One true Enemy. People are not our real enemies, just vessels.

12 **Preparing to Forgive**

- ☞ We must begin to see people as "sin sick" – recognizing that those who have hurt us are in need of God's redemption
- ☞ Forgiveness is not reconciliation - we won't necessarily be in a relationship with this person - it just means we've cleaned our own wound, and prepared for God to show us the next step

13 **Applying Forgiveness**

- ☞ We can't apply forgiveness intellectually or emotionally – it must be poured out from our Spirit
- ☞ This means our connection to God is priority in this process.
- ☞ Before you start this process, declare the righteousness of Christ (His blood) over your life.
- ☞ Remember, He filters you through Jesus Christ and you are to learn to filter others in the

same way.

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14  **Step 1: Process Feelings**

☞ Acknowledge act was wrong

☞ Acknowledge how it made us feel

☞ Have had some sort of emotional connection to the event, trauma, etc.

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15  **Step 2: Acknowledge Truth**

☞ Declare the truth of the violation

☞ Speak out loud the nature of how it affected us

☞ Admit the affect on our life today

☞ Declare the act a lie and speaking the truth of God over it

☞ Find someone to help you through this process if you need to – but make sure it's someone you completely trust (recovery person, pastor, counselor, etc.). There is a greater power behind it if you confess it out loud to a person (Step 5 of the 12 step program).

16  **Step 3: Forgiveness**

☞ Forgiveness is a choice of the will, not a feeling

☞ Forgiveness opposes our human nature – we can't, God can

☞ Forgiveness begins with willingness, not desire

☞ Jesus identifies and bore the shame of the sin

☞ Forgiveness is not reconciliation

17  **Step 3: Forgiveness**

☞ Use violation worksheet (Page 161)

☞ Writing list first sometime necessary (process events, feelings, etc.)

☞ Letter is written to connect and release

☞ We must separate the sin from the sinner - clearly distinguishing the two – that's what Jesus did with us when He took our sin upon Him and declared us righteous! He loved us to our being – but hated the sin. We don't need to take someone's sin, Jesus already did , we simply offer up forgiveness to the sinner.

18  **Step 3: Forgiveness**

*Prayer of renunciation is where we throw the act back into hell, but choose to release the person from the debt. We cut off the permission we gave the sin.*

Father God,

I was really hurt by \_\_\_\_\_ (name of person), but today I choose to forgive. I ask that you please forgive \_\_\_\_\_ for sinning against me by \_\_\_\_\_. I pray that you would meet \_\_\_\_\_

(name of person) at his/her point of need. I release \_\_\_\_\_ (name of person) to you. I renounce the sin, and each and every damaging effect and message it has imposed on my life. I pray and earnestly seek full redemption where what Satan meant for evil, you can use for good. Set me free.

In Jesus name,

Amen

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19  **Grieving Losses**

- ☞ Much of the codependent's journey is about grieving losses
- ☞ Some of our core issues can be what we never had, or what we had and lost, not just what was done to us
- ☞ The process of grief must be initiated at some point – people will go through this in different ways at different points in their healing.
- ☞ Losses should include all we discussed in Chapter 6 regarding unmet need, divorce, death, abortion, loss of innocence, etc.

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20  **Steps to Grieving Loss**

- ☞ Identify
- ☞ Legitimize (we might get angry at the act at this point)
- ☞ Connect emotionally
- ☞ Acknowledge blame
- ☞ Acknowledge powerlessness
- ☞ Choose to forgive
- ☞ Accept person who let us down (not the behavior)
- ☞ Say goodbye
- ☞ Ask God to meet our need

21  **Have I Forgiven?**

- ☞ When I think of the violation, does it still provoke feelings of anger and pain, or do I feel that is removed?
- ☞ Have I ever before felt or grieved over the sin? (is it "false" forgiveness)
- ☞ Do I see myself as worthy and precious, or do I still feel like the residue and pain of the past still haunts me?
- ☞ Am I willing to pray for the person who violated me, even being willing to ask God to bless him or her?
- ☞ Would I be obedient to do anything for that person God asked me to do?
- ☞ If this person "spits in face" again, how would I respond? (Granted I am not participating and have set healthy boundaries)

22  **Living in Acceptance**

- ☞ When I learn to walk in the reality of God's grace, acceptance and resources, I'm going to be okay.
- ☞ Life still might hurt, but I can look forward with hope, I have God on my side
- ☞ People and the past begins to lose power over me, God begins to overpower everything else.
- ☞ Life becomes about God's redemption – I live in gratitude and praise for Him
- ☞ I'm ready to find God's true calling, true plan and true purpose in my life.
- ☞ I'm free to be able to engage in relationships in a healthy way