



5 Essentials of Wholeness: Forgiveness Part 2

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*“He said to them, “When you pray, say: “Father, hallowed be your name, your kingdom come. **3** Give us each day our daily bread. **4 Forgive us our sins, for we also forgive everyone who sins against us.** And lead us not into temptation.”” Luke 11:2-4*

Forgiveness is: Canceling a debt. Releasing a person from my judgment.

What Forgiveness Is Not:

1. Forgiveness isn't forgetting what happened.
2. Forgiveness isn't minimizing the seriousness of the offense.
3. Forgiveness isn't conditional.
4. Forgiveness doesn't require you to restore trust and resume the relationship.
5. Forgiveness doesn't require the other person ask for it before you give it.
6. Forgiveness can't be given if you are not the one offended

What Forgiveness Is:

1. Releasing the other person from my debt. Jn. 19:30
2. Cutting off all ties of bitterness between me and the one who offended me. Heb. 12:15-16
3. Relinquishing my right to get even and responding with kindness. Rom. 12:18-21
4. Repeating the process as often as is necessary. Mt. 18:21-22

How to Forgive:

Confession – Tell the truth about how you feel and think, either about your sin or the offense against you.

Repentance – Change your thinking. Receive God's new thoughts about you.

Transformation – Live differently. Live free of the old false thoughts. Live abundantly in the truth.

1. Pray Psalm 139:23-24: “Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.”
2. Ask God to bring to mind any one you need to forgive and note their offense.
3. Confess your truth to God. Ask God to reveal the wrong beliefs that have developed.
4. Ask the Lord to replace your false thoughts with His truth. (Repentance)
5. Receive with gratitude the new thoughts the Lord is giving you and pronounce forgiveness.
6. Pray a blessing on the offender to receive their wholeness.
7. Receive what he is showing you with gratitude and pronounce forgiveness toward the offending party. Allow Jesus to show you how he is cutting off their sin from you and canceling all effects of it.
8. Pray a blessing on the offending party to receive their own healing and wholeness.
9. Repeat as often as necessary.

“Bear with each other and forgive whatever grievances you may have against one another.

Forgive as the Lord forgave you.” Col 3:13