

PRAYER OF RELEASE The Lord's Prayer Part 5

"Forgive us our sins, just as we have forgiven those who have sinned against us."
Matt. 6:12 (NLT)

"Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?'" Matt. 18:21 (NIV)

"Jesus answered, "...not seven times, but seventy-seven times." Matt. 18:22 (NIV)

WHY MUST I RELEASE THOSE WHO'VE HURT ME? Matt. 18 -Story of the Unforgiving Servant

1. **Because God forgives me.**

"The servant's master took pity on him, canceled the debt and let him go."
Matt. 18:27 (NIV)

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Eph. 4:32 (NIV)

2. **Resentment is self-torture.**

"'Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master turned him over to the jailers to be tortured..." Matt. 18:33-34 (NIV)

"Some men stay happy until the day they die... others have no happiness at all; they live and die with bitter hearts." Job 21:23-25 (GN)

3. **I need forgiveness every day.**

"This is how my heavenly Father will treat each of you unless you forgive your brother from your heart." Matt. 18:35 (NIV)

"If you forgive men when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins."
Matt. 6:14-15 (NIV)

HOW DO I RELEASE MY HURT?

1. **Blame Test: Who are you most likely to blame for your unhappiness?**

"...Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it..." Rom 12:19 (LB)

2. **Rehearsal test : What's the greatest hurt in your life?**

"Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others." Heb. 12:15 (Ph)

“Christ carried our sins in his body on the cross so we would stop living for sin and start living for what is right. And you are healed because of his wounds.” 1 Peter 2:24 (NCV)

3. Scoreboard Test: Is there anybody you tend to keep score on _____ ?

“We know that our old life died with Christ on the cross so that our sinful selves would have no power over us and we would not be slaves to sin.” Romans 6:6 (NCV)

“He canceled the debt, which listed all the rules we failed to follow. He took away that record with its rules and nailed it to the cross.” Col. 2:14 (NCV)

4. Reminder Test: Reacting negatively...because they remind you of somebody else?

How do I release my hurt?

- 1. I leave it to God.** Romans 12:19 *“Never avenge yourselves. [Then circle this...] Leave that to God for he has said he will repay those who deserve it.”*
- 2. I heal it with grace.** Hebrews 12:15 says *“Be careful that none of you fails to respond to the grace, which God gives for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself [He says] but can also poison the lives of many others.”*
- 3. I need to nail it to the cross.** *“We know that our old life died with Christ on the cross so that our sinful selves would have no power over us.*