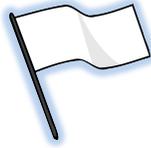


# Letting Go!

Letting Go fo Hurt

March 12, 2023



## Forgiveness is not:

- Minimizing the seriousness of the offense
- Instant restoration of trust
- Resuming the relationship without any changes

## WHY let go of your hurt?

### 1. Because \_\_\_\_\_.

Ephesians 4:32 NLT – “Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

### 2. Because \_\_\_\_\_.

#### i. It's \_\_\_\_\_

Job 5:2 GNT – “To worry yourself to death with resentment would be a foolish, senseless thing to do.”

Ecclesiastes 7:9 CEV – “Only fools get angry quickly and hold a grudge.”

#### ii. It's \_\_\_\_\_

Job 18:4 GNT – “You are only hurting yourself with your anger.”

#### iii. It's \_\_\_\_\_

Job 21:23-25 GNT – “Some people stay healthy till the day they die; they die happy and at ease. Others have no happiness at all; they live and die with bitter hearts.”

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### 3. Because \_\_\_\_\_.

Matthew 6:12 NLT – “And forgive us our sins, as we have forgiven those who sin against us.”

Matthew 6:14-15 NLT – “If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.”

Mark 11:25 NLT – “But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”

Matthew 18:34-35 NLT – “The angry king sent the man to prison to be tortured until he had paid his entire debt. That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.”

John 13:10 NLT – “Jesus replied, “A person who has bathed all over does not need to wash, except for the feet, to be entirely clean.”

## HOW to Let Go of Hurt

### 1. Relinquish \_\_\_\_\_.

Romans 12:19 TLB – “Dear friends, never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. Don't take the law into your own hands.”

Matthew 18:21 NLT – “Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” “No, not seven times,” Jesus replied, “but seventy times seven!”

### 2. Refocus \_\_\_\_\_.

Philippians 3:13-14 GNT – “The one thing I do is to forget what is behind me and do my best to reach what is ahead. So I run straight toward the goal in order to win the prize, which is God's call through Christ Jesus to the life above.”

Luke 6:27-28 NIV – “Do good to those who hate you, bless those who curse you, pray for those who mistreat you.”

Romans 12:14 GNT – “Ask God to bless those who persecute you – yes, ask him to bless, not to curse.”

### 3. Respond \_\_\_\_\_.

Romans 12:21 NIV – “Do not be overcome by evil, but overcome evil with good.”

Ephesians 2:4-5 TLB – “God is so rich in mercy; he loved us so much that even though we were spiritually dead and doomed by our sins, he gave us back our lives again when he raised Christ from the dead—only by his undeserved favor have we ever been saved.”