
I forgave, now...

- * *I don't have nightmares any more!*
- * *my blood pressure has gone down.*
- * *I feel such peace!*
- * *I didn't know it was possible to feel this happy!*
- * *I stopped worrying I'd bump into him at the shops.*
- * *I'm so relieved!*
- * *I feel so free!*
- * *I don't feel like a victim any more.*
- * *I can sleep through the night*
- * *I can pray without being distracted by thoughts of this person*
- * *I am experiencing God's love in a new and deeper way*
- * *I no longer avoid family celebrations*

How do I forgive?

Nothing keeps us in bondage to the past more than an unwillingness to forgive. Nothing gives the evil one greater opportunity to stop us or a church growing than roots of bitterness, the evidence of personal un-forgiveness, and pride. **see** Matthew 18:21-35

The Father has given His grace, mercy and forgiveness - all we need to do is offer some of what He has given to others.

We recommend you use this prayer:

In the name of Jesus, I choose to forgive

(name) _____

for (specifically identify every remembered pain and hurt inflicted on you) _____

which made me feel _____

and I release you today.

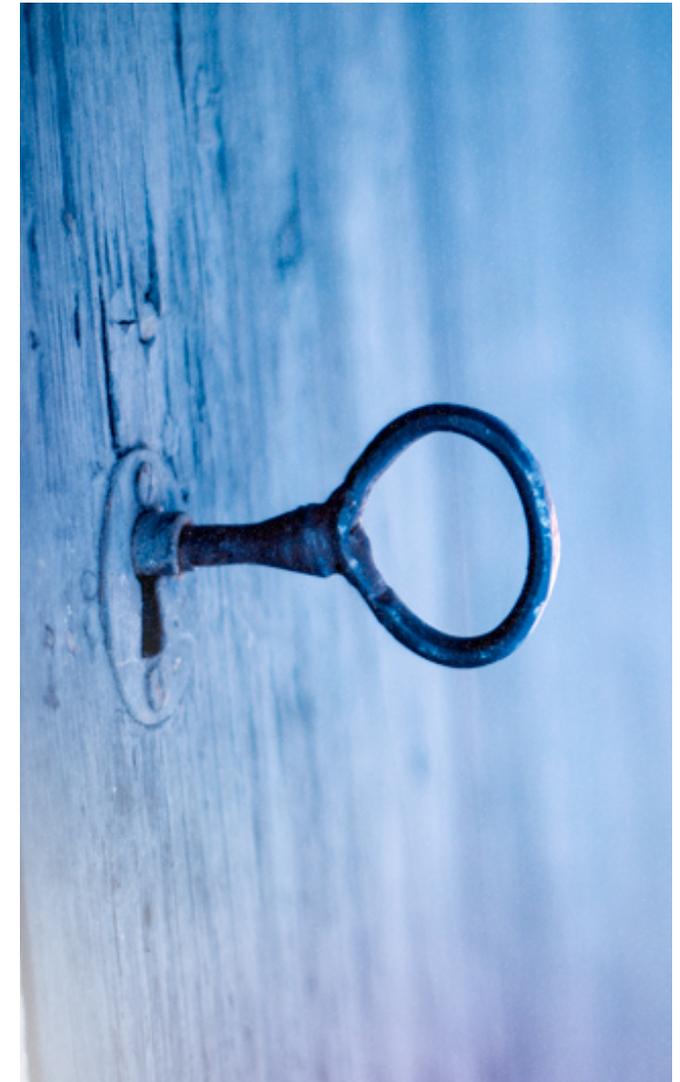
**Do you need help to forgive?
Please contact your Vicar Priest or Pastor**

or see houseofmercy.org.uk

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Forgiveness - a Key to freedom

Forgiveness is a decision not a feeling. We do not excuse the offence, but we do let go...



What is forgiveness?

Forgiveness is choosing love over revenge.

Forgiveness is a decision, not a feeling. We *decide* to forgive; God changes the heart.

Forgiveness is an expression of the freedom God has given us.

Forgiveness means giving up your right to hold on to an offence.

Forgiveness does not mean we excuse or condone the offence, but rather let go of the anger and hurt that torment us.

Forgiveness changes our hearts, even if it does not change the person who hurt me.

Forgiveness does not mean I have to allow someone to continue hurting me or others

Forgiveness turns injury into compassion.

To forgive is to set a prisoner free and discover the prisoner was you

Why should I forgive?

Because you have been forgiven.

Forgiveness is the very essence of the Father's love.

Forgiveness releases us from the chains of the past

Forgiveness releases us from inner torment.



Forgiveness releases you to take your life back.

Forgiveness brings peace

and overwhelming joy - the joy of knowing that God will forgive me just as I forgive.

'And when you stand in prayer forgive

whatever you have against anybody so that your Father in heaven may forgive your failings too.'
Mark 11:25

Forgive and you will be forgiven. Jesus Christ, Luke 6:37

Why is it hard to forgive?

We have minimised the hurt by saying eg:

- it didn't bother me
- I've forgotten all about that
- I forgave him years ago
- It's OK, that happens in all families

We do not want to eg.

- not until they feel my pain
- not until they apologise
- if I forgive, I will keep getting hurt
- I'll forgive, but I won't forget



because we do not realise we need to:

- we remember the injustice done to us but not our response
- the person we need to forgive is ourselves

because we do not believe:

- we do not realise the power we have in the name of Jesus
- the wound is so deep it seems impossible

What is impossible for men is possible with God. Matthew 19:26