

Ezekiel 18:20 The soul that sinneth, it shall die.

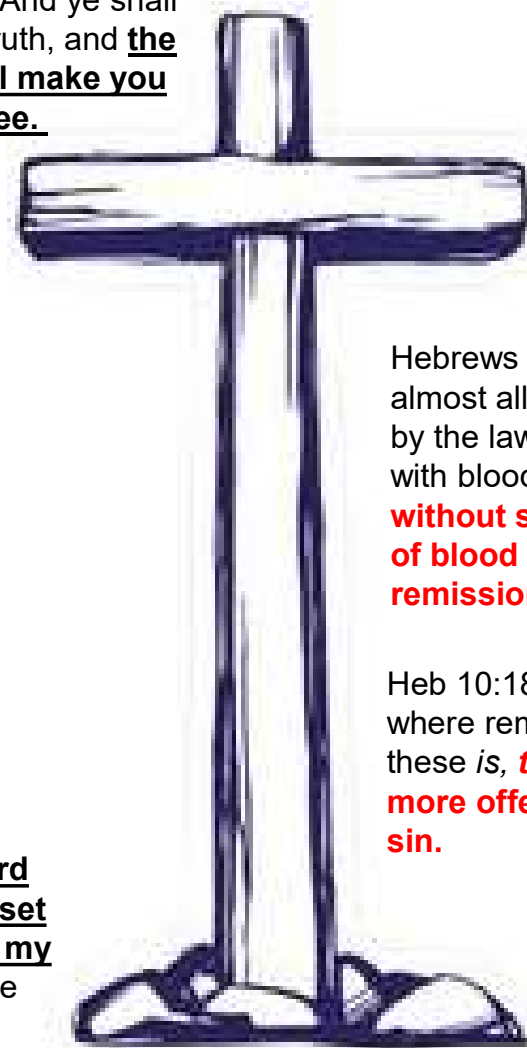


Romans 12:19 Dearly beloved, avenge not yourselves, but *rather* **give place unto wrath**: for it is written,

Vengeance is mine;
I will repay, saith the Lord.

Psalm 40:1-3 I waited patiently for the LORD; and **he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.** And **he hath put a new song in my mouth**, even praise unto our God: many shall see *it*, and fear, and shall trust in the LORD. .

John 8:32 And ye shall know the truth, and **the truth shall make you free.**



Hebrews 9:22 And almost all things are by the law purged with blood; and **without shedding of blood is no remission.**

Heb 10:18 Now where remission of these *is*, **there is no more offering for sin.**

Sinful man

God – the Son

God – the Father

God – the Holy Spirit

BODY:

Eyes see
Ears hear

Mouth speaks
Nose smells
Hands feel

My personal
history

SOUL:

Thinking
WILL - decision

HEART:

Emotion
Feelings
Attitude
Behaviour



Proverbs 23:7 says - as a man
thinks in his heart, so is he...



SPIRIT:

Faith
Worship
Prayer
Sanctification
Justice
Conscience
Spirituality
To know!

Natural man -
Lives in carnal
thoughts

Romans 3:23 For **all**
have sinned, and
come short of the
glory of God;



Unforgiveness
Self pity
Ungrateful
Rebellious
Judgmental
Distrust
Suspicion
Loveless
Hatred
Self-destructive

SATAN

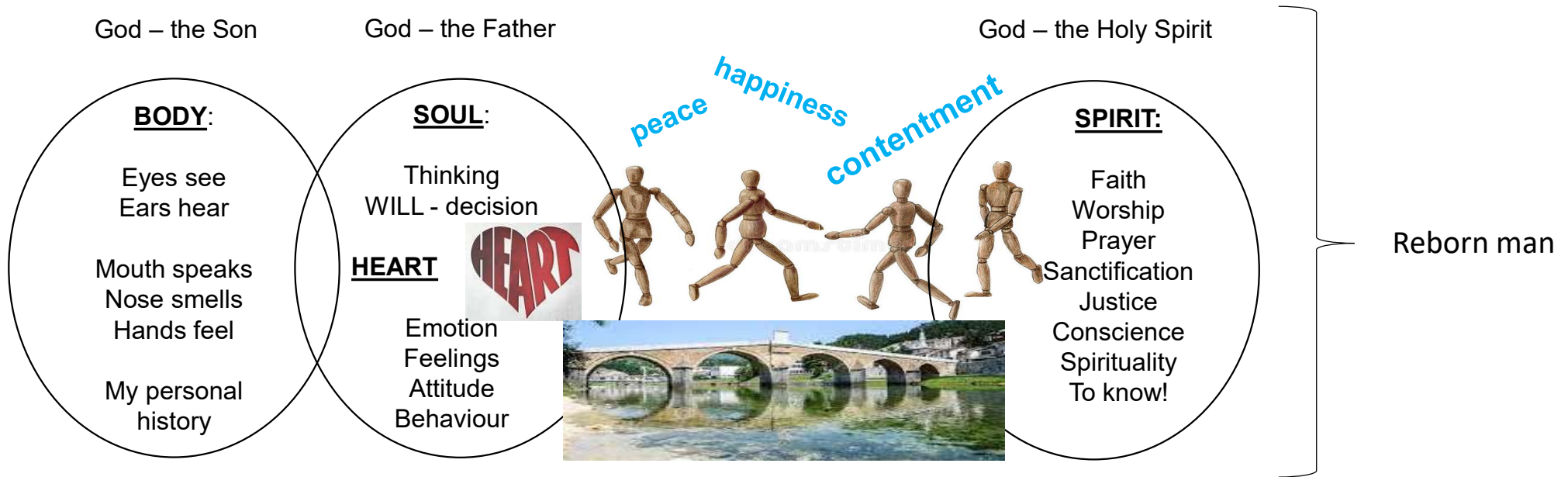
I am worthy
God loves me

JESUS CHRIST



Proverbs 28:14 says -
Happy is the man that
fears always: but he that
hardens his heart shall
fall into mischief.

Reborn man



Galatians 5:22 But the fruit of the Spirit is:

Love
Joy
Peace
Longsuffering
Gentleness
Goodness
Faith
Meekness
Temperance

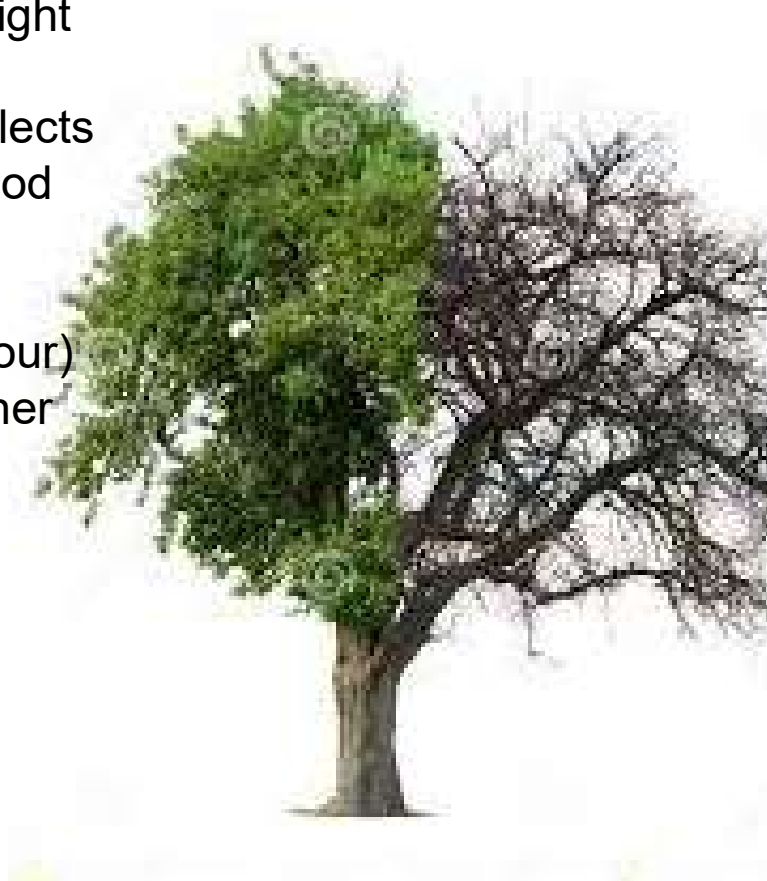
JESUS CHRIST

Isaiah 55:6 says, **Seek** the Lord while He may be found; **call** upon Him while He is near

Amos 4:12 says, **prepare to meet** thy God

What is righteousness?

1. Pure heart
2. Acceptable standard of right and wrong
3. A heart and a life that reflects the commandments of God
4. Righteousness, honesty, virtues
5. Fairness (correct behaviour) from one person to another



What is sin?

1. Unrighteousness – this is going against righteousness
2. To voluntarily deviate from moral standards or known rules
3. A wicked act
4. Lawlessness- 1 John 3:4 ... sin is the transgression of the law.
5. Romans 3:23 For all have sinned, and come short of the glory of God,
6. Romans 3:10 ... There is none righteous, no, not one
7. Sin is against God
8. Crime is against society

Forgiveness is a **CHOICE**

If I CHOOSE not to forgive then	I struggle to act right with friends and others
If I struggle to act right then I feel sorry for myself (self-pity)	If I feel sorry for myself then I become ungrateful about everything in my life
If I'm ungrateful then I become rebellious	If I rebel then I become selfish
If I'm selfish then I rebel against everything	If I rebel then I choose wrong friends
If I have wrong friends then I feel guilty about my life	If I feel guilty then I condemn others
If I condemn others then I distrust everyone	If I distrust everyone then I feel suspicious and threatened
If I am suspicious then I get scared and live in fear	If I'm scared then I offer resistance to everyone
If I resist then I become loveless	If I'm unloving then I do mean things to others
If I do mean things then I hate myself (self-blame)	If I hate myself then I act self-destructively (I always want to hurt myself)

Repeated wrong choices can lead to the death of myself or others –
Therefore, **forgiveness is ultimately a choice between life and death.**

What forgiveness is NOT?

1. Forgiveness has **no conditions**,
2. Forgiveness is not a feeling: it is a **decision of the will** (I have to **choose**)
3. Forgiveness does not mean I have to deny the situation or pretend it did not happen
4. **I should not try to forget** about the person or the pain they caused
5. Forgiveness means I acknowledge what happened, I acknowledge the pain I experienced and **grant forgiveness to the person responsible for it.**
6. Forgiveness does not mean I **forget the incident**

What forgiveness IS?

1. Forgiveness is a **decision of the will.**
 - The process starts with my **thoughts**
 - My thoughts activate my **emotions**
 - My emotions inspire **my will to** take **a decision-**irrespective of my feelings
2. Forgiveness brings a **clean record** and becomes a **way of life.**
3. What happens when I forgive?:
 - I **clear my heart of hatred** and make room for God's love and forgiveness.
 - When I forgive, I open wounds in my life for healing
4. Unforgiveness **eats away** at one's soul and make you physically ill.
5. Forgiveness can only happen when I have worked through my **anger and pain.**
6. Without forgiveness the **offender still has control over me**
7. Forgiveness is to release the **offender to bear the consequences of his / her actions**

EMOSIES:



Everything that happens to me affects my thoughts, my emotions and my will (decisions)



Emotion moves me to specific aktions / behaviour

It is very dangerous to allow my emotions to control my behaviour



Emotion is the window to my deepest needs

Negative emotions is the result of SIN (mine or other's)

- SIN of unforgiveness, bitterness and revenge



Ignored or suppressed emotion causes psychosomatic problems / physical illnesses, builds up negativity and inner anger, and prevents you from doing God's will and acting right.

1. Honest self examination

Could I have avoided the incident? YES NO

What else could I have done?

What am I feeling now? (Which emotions did the incident awaken in me?)

Why do I feel like this? (give your reasons very precisely)

Evaluation of my feelings

Is my feeling beneficial for my relationship with myself, others and with God?

3. Experience of incident

How do I experience this incident now?

What do I miss after the incident? Why?

Why did this person act like that?

Do I understand the persons actions from his / her frame of reference?

Is Jesus honored by my attitude?

4. **Decision of my will**

Do I want to carry on feeling this way?

I now make an active will decision “ not my will but Your will ”.

I accept responsibility for my own emotions and reaction to them

I am taking back my territory!! Now no more victim mentality, I force myself to move on to charity

5. **Act of will**

I now speak the matter to myself, if necessary, I write a “poison” letter for myself (be very specific)

It's easier to activate my "WILL" with my thoughts and not my emotions!!!

6. **Surrender and forgive**

Pray God for emotional healing

Forfeit your emotions and give it to God

If necessary, for yourself and the other person, write your heart out in a forgiveness letter. Be very specific and state clearly what the person did wrong, what this wrongdoing did to you as a person, why did it affect you like this, why are you now forgiving this person. Find a place to be alone and have a funeral for this incident by yourself. Destroy this letter and give the matter over to God - FOREVER

7. Evaluate your personal growth

Am I now equipped to handle trauma incidents in the future?

Am I now in control of my own emotions?

Am I now in a relationship with myself?

Am I now in a relationship with others?

Galatians 5:22-23 But the fruit of the Spirit is:

love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance:

Am I now in a relationship with God?

Romans 12:1-2 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service. And be not conformed to this world: but **be ye transformed by the renewing of your mind,(your thoughts and attitude)** that ye may prove what *is* that good, and acceptable, and perfect, will of God.

8. Victory over disrupted emotions

Accept responsibility for your own emotions / reactions

Manage your emotions daily

Give control of your emotions daily to God in prayer

Live obediently – positive emotions will follow

Pro 3:5-6 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and he shall direct thy paths.



Without forgiveness for others:

I remain in bondage
(in chains)

I lose my joy and peace

I have no liberation of the pain
others inflicted on me

Blockers to forgiveness are:

Fear

Loss

Bitterness

Blame

Rejection

Meaning and value create
expectation, excitement and
a will.

The root problem is
profound emptiness and
meaningless situations.

Look (search) for a
meaningful future



Self-respect cultivates
Self-discipline,
Self-discipline cultivates
Responsible behaviour

Moral standards and
values build my self-
esteem