

I've Fallen and I Can't Get Up Un-Forgiveness

Review

Why people do not live with Faith and Joy

1. They have been deceived
2. They lie to themselves
3. No sense of self-worth
4. Living in the Past
5. Afraid of the Future
6. Life has been stolen from them

What the Bible says about the Christian Life

1. God gives us many chances to start over
2. God does not hold our past against us
3. We can overcome the set backs of life
4. We will have challenges
5. We can live victoriously
6. We can live life to the fullest
7. We can have an inexpressible joy

The core or nucleus to every problem in life is

_____ *Matthew 5:23-24*

3 Types of Un-Forgiveness

1. _____
2. _____
3. _____

How to know if you have Un-forgiveness in your heart

1. You _____ the person(s) who offended you
1 John 2:11
2. There is _____ in you heart towards the person(s) *Hebrews 12:15*

3. You wish and pray for _____ or destruction
1 Peter 3:8-9

4. You are _____ in the past and you
_____ move on *Philipians 3:13-14*

Steps to over come Un-Forgiveness

1. Have a _____ to become Whole Again
2. Confess you cannot do it alone and allow the
_____ and _____ to Help
3. If Forgiveness has been asked _____ it
Ask for forgiveness
4. If Forgiveness has not been asked _____ the
person(s)
If the person will not accept forgiveness, pray for them but do
not dwell on it
5. Realize a horrific event will take _____ to forgive
and heal
6. _____ make strides to be healed
from this person(s) and event(s)
7. _____ your achievements and _____
others who are going through the same shame and pain

How do you know when you have forgiven someone?

When you can _____ pray and wish for their well being.

*Our relationships with our fellow man reflect our relationship
with God*

The Horizontal relationship reflects the Vertical relationship