



# FREEDOM FOR LIFE

## **The Freedom of Forgiveness**

June 30, 2024 - Week One

>> You will never arrive at healing until you walk the road of forgiveness.

### **Lie #1**

If I forgive someone then it whitewashes what they did or makes it ok.

>> Unforgiveness doesn't hold people accountable; it just holds you in bondage.

### **Lie #2**

If I forgive someone they are free from the consequences of what they did.

### **Lie #3**

Forgiveness means you have to forget and have no boundaries.

>> Do not mistake boundaries for forgiveness.

>> Ignoring a hurt is not the same thing as dealing with it.

### **Ephesians 4:31-32**

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

### **Be kind- Actions**

Tenderhearted- **Compassion**

Forgiving- **Releasing the burden**

Just as God- **Empathy**