

Prayer Diagram, part 11 - Forgiving others

Unresolved anger is sort of like emotional napalm: volatile, dangerous, destructive, can go off without warning.

--If we store up anger, we are increasing its chances of destroying ourselves and those around us: we need to bring it out and have it treated before anybody else gets hurt.

--**Matthew 18:34-35** – If we don't forgive, this is what we have to look forward to.

--If we don't forgive, we add to our troubles by adding to the mix:

Grieving the Spirit **Eph. 4:30-32**, Giving the Devil a foothold **Eph. 4:26-27**

--"It's not that big of a deal if I don't forgive."? You will be so miserable.

--Forgiveness is not as much something between you and your offender as it is something between you and your God.

Last time we saw what forgiveness not: not excusing sin, not trust or reconciliation, not forgetting, but choosing to live with the consequences of someone else's sin.

1. We are going to take a look at a number of steps that I will be recommending for us to bring us to place where God wants us to be: walking in forgiveness.

--Before we do that, we will be adding to our understanding of forgiveness by defining where anger comes from: Anger is a secondary emotion.

--We are frightened, frustrated, disappointed, disrespected, hurt (or some combination thereof) and as a result we get angry.

--When we see these primary emotions happen in our lives, they serve as fair warning that anger is on its way.

--When we see these warnings, we can know that we have to make an immediate decision: we can get bitter or we can get better.

--We have to decide to forgive and work through our anger or we, by default, are deciding to give the devil a foothold in our lives

--Unforgiveness insures this person or event that hurt us will now control us indefinitely.

--It insures that this hurt will go on hurting us for a long time

--***Is this what you want?***

2. If this is not what you want, then I am going to give you some steps over the next several weeks that will get you down the road to dissolving your anger.

--Sometimes we want to get past a hurt, but just aren't equipped to know how, so I want to equip you.

--For these steps I am dependent on a number preachers and counselors (Including my good friend and former associate pastor, Greg Judd), but also relying heavily on a book written by Gary Smalley, [*Making Love Last Forever*](#).

1. Confess to God your anger and desire to forgive:

Prayer: "God, Forgive me for my unforgiveness. I forgive _____. I'm untying him/her from the emotional ropes that have tied us together. He/She is no longer responsible to me. I'm cutting them loose and sailing on where God would have me go. In Jesus name, I am canceling all control that evil has had over me because of this sin. Amen."

2. Define the offense

--An undefined enemy is hard to fight

--Likewise, you must define clearly what the issue is or you will have a hard time fighting it.

--**Can't define it = you can't fight it.**

--God has defined what makes Him angry in the Bible so that what He's forgiving becomes clear.

- Analyze and define exactly what happened to you: “I’m just mad at them”— won’t cut it!
- Work at this way: You had hopes and expectation of this person. You had something that you feel you **deserved** from them and didn’t get, or something that you **didn’t deserve** from them that you did get.
- What do you feel you lost? What did that person take away from you? What did he/she deprive you of?
- You deserved something and they deprived you of it, and that’s why you are angry—write it down.
- Be specific – define it or you can’t fight it.**
- Remember, forgiveness is agreeing to live with the consequences of someone else’s sin, so you need to define clearly what you’ll be living with.

3. Allow yourself to grieve the loss –You’ve identified what you’ve lost, now grieve it!

- Somebody did something to you, don’t minimize it! Acknowledge it!
- “This happened to me and it hurts and it denied me these things.”
- Grieving is essential to healing but grieve with the end in view--**James 1:2-3** you’re not just un-bitter, you’re getting better by God’s grace!
- Must grieve losses: lost relationships, projects, goals, dreams, rights, etc.
- They say that those who are on average the most emotionally healthy among us are children, if that’s true it is partly because they let stuff out...we learn to stuff and hide things, and these things accumulate in our lives
- Must define and grieve what has been lost.

--When it comes to unresolved anger and unforgiveness ---best to face it head on! “do not let the sun set on your anger”