
FORGIVENESS

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- **The prison of unforgiveness** (parable of Matthew 18)

Because the servant was unwilling to forgive a debt owed to him by another, his master turned him over to the tormentors to be tortured. Matthew 18:35 Jesus states, "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart."

Forgiveness is the key that unlocks the prison door behind which we have been jailed. (Bethel Church/Sozo Ministry)

FORGIVENESS

- **Forgiving from the heart:**

Making the intellectual choice to forgive is only the first step in forgiveness.

Matthew 18:35 says, "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart." The Greek word for heart (kardia) means "the center of all physical and spiritual life, the inmost part of anything."

Forgiving others from the heart requires a deep, intimate process between us and the Father. He is able to do a healing work in us, so that we are then able to forgive from our inmost being, out of love.

This is the example of Jesus. He did not forgive us out of choice and obedience only. He was also able to forgive out of a deep, burning love for us despite our sin.

FORGIVENESS

- **Misconceptions about forgiveness:**

Forgiveness requires a conversation with the person who has hurt or offended you.

Forgiveness means you have to trust again or reconcile the relationship.

Forgiveness is the final step in the healing process.

FORGIVENESS

- Example prayer:

Father God, today I choose to obey your Word and to forgive others because you have forgiven me. So I forgive _____ for _____. And for making me FEEL _____.

(It is important to wait on the Holy Spirit to bring up any negative feelings associated with the incident/person.)

WOUNDS & HEALING

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- **When Sin and Wounds Affect a Union**

John 10:10 The thief does not come except to steal, kill and destroy. I have come that they might have life and that they have it more abundantly.

Even after repentance, the consequences of sin can still be present. There will most likely be a journey or process of healing for both people affected.

- **Emotions/Heart**

Broken hearts, trauma, shame, trust issues, anger etc. (Creating walls that threaten genuine and deep spiritual, emotional, and physical intimacy)

- **Sex Life**

Multiple sins and brokenness can lead to issues in sexual intimacy. (Pornography, pre-marital sex/fornication, emotional/physical affairs, lack of spiritual/emotional intimacy)

WOUNDS & HEALING

- **Mind**

Our sin and/or our partner's sin can cause us to think or believe lies about ourselves and each other. It can create paranoid thinking and irrational or rational insecurities.

- **Relationship with God**

Many times when our partner falls short, we are quick to question God or be angry with Him. We begin to believe lies from the enemy about God's plans for us and for our marriage.

- **Future as Individuals and Couples**

The enemy's goal is to get us to quit before we reach our fullest potential for the Kingdom. He also aims to create walls between us so that our marriage is mediocre and stagnant. Many couples live like this for years missing out on the fullness of God's plan for their marriage.

WOUNDS & HEALING

The Healing Process:

(This may require assistance from a professional counselor)

- **Confession & Transparency**

Transparency creates trust, trust creates a safe environment that allows for intimacy. (He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy. Proverbs 28:13)

Sin from past, previous relationships, such as premarital sex/fornication, must be dealt with for complete healing.

When the past is not dealt with, it will continue to manifest in some way to hurt the present and hinder the future. (Ex. depression, emotional distance, walls, anger, avoidance, destructive behaviors, addictions, pornography, affairs, secrets etc.)

WOUNDS & HEALING

- **Forgiveness from God and forgiveness from spouse.**

Forgiveness is a process. It begins with an intellectual choice but must be followed by emotional and spiritual healing. The couple should pray through forgiveness together, and pray for the healing of hearts.

- **Get to the ROOT issues.**

Most problems are multifaceted and do not have one linear cause. (Ex. Pornography is many times introduced in childhood, and therefore, is a deeper issue that involves more than just the "will" to stop.)

WOUNDS & HEALING

- **Cancel out unrealistic expectations.**

Restored relationships take time. This is one of the biggest issues we see in counseling. (Ex. Someone apologizes for their wrongdoing and expects things to return back to normal without healing or time. One person is ready to move forward but the other still needs special care.)

- **Offer ways to rebuild trust and a plan to initiate growth.**

These include short term and long term goals. (Ex, Counseling, accountability, books)

WOUNDS & HEALING

- **Soul Ties**

A knitting together or cleaving together, two souls are joined and in a very real sense, become one.

Godly Soul Ties: God's design that husband and wife become one flesh. (Mark 10:8)

Ungodly Soul Ties: Ties formed through sin. (Sex/fornication outside of marriage, physical and emotional affairs). This tie can cause people to feel connected in the natural or spiritual, even after the relationship has ended. These ties can threaten the marriage (ex. First love).

- **How to break an ungodly soul tie:** "Father God, I break all ungodly soul ties with _____ and I sever all influence from _____. I give back the things that are his/hers, and I take back the things that are mine and I wash them in the blood of Jesus." (Bethel Church/Sozo Ministry)
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HEALING & WOUNDS

- **Childhood Wounds** (This is may require assistance from a professional counselor)

Many of our wounds, walls, and insecurities are created prior to marriage. If these issues are not dealt with prior to marriage, they are likely to cause harm to the people we love. (ex. trust, jealousy, control, shame etc.)

Walls “protect” us, but they also keep people out.

We heal from childhood wounds by connecting with the Godhead.

Father wounds - Connect with the Father

Mother wounds - Connect with Holy Spirit

Friendship/Sibling wounds - Connect with Jesus

WOUNDS & HEALING

- **Childhood wounds continued**

We need to ask, "What walls have I built that have separated me from God?"

It's beneficial to tear down walls with someone who cannot hurt you (Godhead) before you tear down walls with someone who can.

A love relationship with Jesus does not require risk.

HEALING & WOUNDS

- **Lies versus truth**

Various relationships can cause us to believe lies about ourselves and about God. (ex. "I am not worthy to receive love from my spouse." "I have to be perfect for Father God to love me.")

It's vital to identify the lie and to substitute it with the truth. This truth comes from the Word and through listening to the Holy Spirit.
