



Whole Families, Inc.
wholefamilies@gmail.com
www.wholefamiliesinc.com
719-783-2525 or 2545
1200 N. 100th St.
Lincoln, NE 68527

For your convenience donations
can be made thru wholefamilies
website.

Explanation Of Biblical Forgiveness And How To Apply It

I am surprised at how many people struggle with the need to forgive but don't know how, or how we believe some things.

I would never hurt anyone the way I have been hurt, The one who hurt me must first come to me broken and full of remorse before I forgive.

I must be able to see change in them before I forgive.

They must guarantee to never hurt me in the future the way they have in the past.

Scripture tells us in Romans 5:8 "In that we were yet sinners Christ died for us." The core of the Gospel is Jesus finished work of the cross or "forgiveness". He paid the full wages of the sin issue and gave that gift to us if only we will have faith in Him. Then in Colossians 3:12-13 we are instructed to forgive as he forgave us or in Matt. 6:12 the way we forgive others.

Finding Relief For Your Emotional Pain

Each week I have the privilege of helping several people find an end to the past emotional pain that they suffer from. Many individuals have sought help from other sources without finding relief from their suffering. The key is to get to the root of personal issues by giving Jesus permission to show you the issue, replace the emotional pain with peace, then change your heart to be willing to forgive instead of managing the pain, symptoms and behaviors. Psalm 56:8, Psalm 139.

This process does not excuse the one(s) who hurt you or condone what they have done. Your choice to forgive doesn't in any way "just let them get by with what they have done". Instead this forgiveness focuses on you letting them off your hook and leaving them on God's hook, to deal fairly with them. Matt. 18 does tell us to talk personally with the one who has sinned against us. And while that can take place in some cases, in others it doesn't or it is not fully satisfying. My greatest desire is to give you the prayer tools to end your emotional pain today, even this hour, or at least before the sun goes down, and every day from now on (Ephesians. 4:26-27). Your decision to forgive is solely up to you but is an issue between you and God not you and your offender. Un-forgiveness becomes sin when you hold an offender, or yourself to a higher standard in forgiveness than God held you to. God didn't become bitter for your sin or demand that you shape up first. He forgave you as he gave His life in that act of redemption.

The following prayer is accurate biblical direction that can relieve all anger, torment, excessive thought time, hurt or offense even without the one who caused the emotional pain personally present or having apologized. My prayer is that each person who is suffers will invite Jesus into each event of their emotional pain with these prayers and then experience complete peace of heart and mind (Philippians 4:7).

Pray

Lord please render all powers of darkness impotent and silenced as I/we pray through these issues.
Give me your safety. Thank you for hearing my prayer.

Pray through each point, **WAIT** for the Holy Spirit within you to answer then go to the next point.
Based on hearing that still small voice (1 Kings 19:12).

Jesus, please protect me, I want to hear only your voice as my answer!

The next two underlined points are only if you can't hear his voice

Jesus, have I been angry at or blamed you? Which could stop me from hearing your voice?

My anger and disrespect of you is not founded on biblical truth.
Will you please forgive me for my sin of disrespect and blame?
Please take back all place Eph. 4:26-27 I have given to the enemy by
my bitterness against you, God.

Pray The wanted answer is behind each question

Jesus, do you see the pain that (name of the offender) has caused me? . . . Yes

Jesus, do you know about all the pain I am feeling? . . . Yes

Jesus do you know where the pain came from? . . . Yes

Do you care about all the pain that I have? . . . Yes

Jesus, could (person) ever make right the pain that he/she has caused me? . . . No

What has that pain done to you, Jesus? . . . Hurt him

Can you show me a word picture of what this pain has done to my heart? . . . Broken ?

What do you want me to do with all of this pain? . . . Give it to Jesus

Jesus, can you take it all? . . . Yes

Do I have to continue to carry it? . . . No

What if (person) doesn't, can't or won't make it right with me?
Am I stuck with it? . . . No give it to Jesus

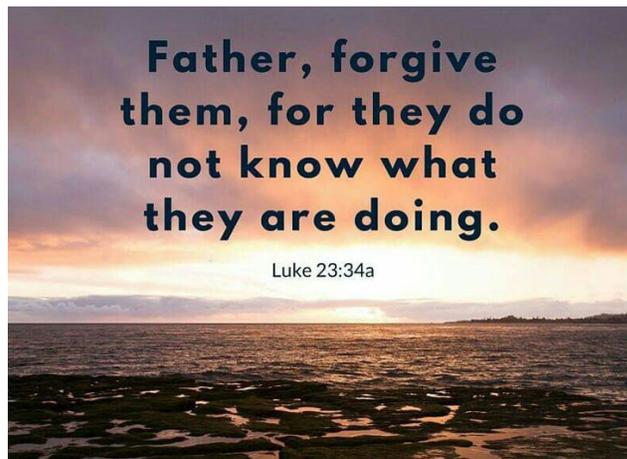
Can you replace where all of that pain was with complete peace in my heart? . . . Yes
Gods peace should flood your heart!

Jesus, have I truly let you have all of the the pain? . . . Yes

Do I have to forgive (person) for the pain he/she caused me? . . . Yes

Jesus, would you take all of the debt (person)
owed me
off of his/her account
and move it all to my account
as I fully forgive them?

I accept all the charges just like you did
for me on the cross.
I agree to live with the consequence
of (person) sin
as I forgive him/her.



I call all of my bitterness, resentment, un-forgiveness and resistance towards (person) my sin against you,
Lord. I hated him for his sin and you did not hate me for my sin you forgave me and remember it no more.
Psalm 103:12-13.

Would you please forgive me for my sin of un-forgiveness?

I also ask that you take back all of the "place", opportunity, or base of operation
in my soul that I have given to the devil by my bitterness, I yield it back to your control. (Eph. 4:27)

Jesus, as you examine my heart, you knowing it better than I do (Palm139), have I truly and
fully forgiven (person) as you forgave me (Col 3:13)?

Jesus because you know my heart better than I do, do you see any other;

Pain in my heart? (Repeat previous questions for each new event remembered)

Shame in my heart?

Guilt in my heart?

Regret in my heart?

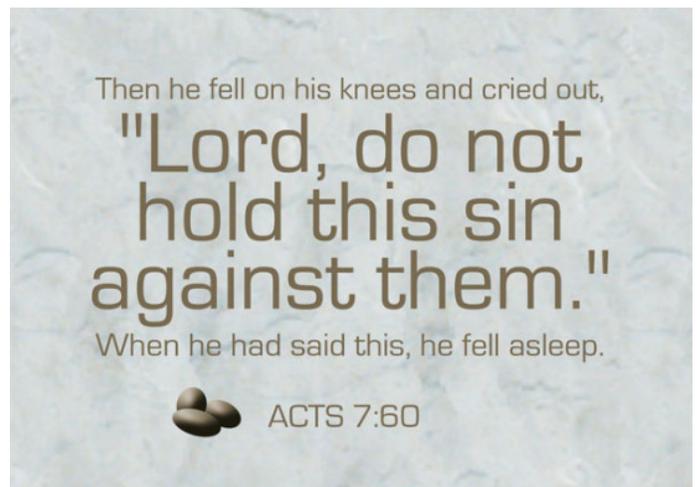
Have I fully forgiven myself to the standard you have forgiven me?

Lord, thank you for hearing my prayer!
Thank you for the complete peace of heart
& mind and relief of all the pain.

The peace of your heart is dependent only on
your response to evil done to you.
No one can steal your peace!

Stephen, The Martyr Models Forgiving As He Was Put To Death - Acts 7:54-60 NSAB

54 Now when they heard this, they were cut to the quick,
and they began gnashing their teeth at him.
55 But being full of the Holy Spirit, he gazed intently
into heaven and saw the glory of God, and Jesus standing
at the right hand of God; 56 and he said, "Behold, I see the
heavens opened up and the Son of Man standing at the
right hand of God." 57 But they cried out with a loud voice,
and covered their ears and rushed at him with one impulse.
58 When they had driven him out of the city,
they began stoning him; and the witnesses laid aside
their robes at the feet of a young man named Saul.
59 They went on stoning Stephen as he called on
the Lord and said, "Lord Jesus, receive my spirit!"
60 Then falling on his knees, he cried out with
a loud voice, "Lord, do not hold this sin against them!"
Having said this, he [a]fell asleep.



Most kindly, Brad Reinke
Whole Families, Inc.
1200 N 100th Street, Lincoln NE. 68527
www.wholefamiliesinc.com