

Forgive Your Way to Freedom

Forgiveness is talked about frequently, but it is something that many people don't know how to do. We are often told to forgive, but never given the steps of how to forgive. I was raised in a church going family, was told that I needed to “forgive people” and “let go of offenses,” but it wasn't until I attended a business seminar at age 24 that I learned how to forgive. However, once I actually learned how to do it, I was able to get rid of a lot of offenses that were being stored in my mind and body. I had no idea how much anger and resentment was inside of me, until I actually learned how to release it!

Lack of forgiveness may not show on the outside of a person, but it is bubbling underneath the surface, and it can produce anxiety, tension, depression, and dis-ease (disease).

Think of an offense like a hot coal. Just like an actual hot coal, if you hold onto it, then you will be burned. Some people hold onto hot coals of offense so tightly that no one else knows that they are holding them. But no matter how justified they feel they are in not letting go of offenses, as long as they continue to hold onto them, they are being hurt by them.

Forgiveness Exercise Steps

- 1) Forgive yourself
- 2) Ask for God to forgive you
- 3) Forgive the other person
- 4) Ask God to forgive the other person

The following exercise can be done in your head, but I think that saying it aloud is more effective.

Forgiveness Exercise

1. Say, “I forgive you [your name] for being angry at [person's name] for [specific action of the person] or [specific way the person made you feel].” Vent everything that you might be angry with yourself about related to that person.
2. After venting say, “I forgive you [your name], I bless you, and I release you.”
3. Say, “God, please forgive me for anything I have done. Please forgive me, please bless me, and please release me.”
4. Envision the person who offended you.

5. Say, "I forgive you [person's name] for [specific action of the person] or [specific way the person made you feel]." Vent all of the rage that you are angry with the person about. Example: "I forgive you Jane for calling me stupid in front of my coworkers. What the heck were you thinking! I don't do that mess to you!"
6. After venting say, "I forgive you [person's name], I bless you, and I release you."
7. Say, "God, please forgive [person's name] for anything they have done. Please forgive them, please bless them, and please release them."
8. You may need to do additional rounds of forgiveness for specific issues. Saying, "I forgive my girlfriend for being mean to me," may not cut it. You may have to get specific. You might first need to say, "I forgive you for making me look stupid in front of my friends," then later do a round with, "I forgive you for insulting the gift I gave you," etc.
9. After doing the forgiveness exercise, you can do Emotional Freedom Techniques (EFT) on the problem if there is residual anger left over. Forgiveness without EFT works. EFT without forgiveness doesn't work as well. Both together is crazy powerful!

Your Path to Freedom

If you are serious about wanting to renew your life and walk in freedom, then I suggest doing what was taught to us that first seminar. Make a list of all the people who have offended you. These are the people who you need to forgive. The first person on that list should be yourself. List the people who have offended you and the specific offenses that they have done. You may notice that the people who are closest to you may have offended you the most in your life. List all of their offenses individually, and begin to forgive those offenses. Keep in mind that one event may have multiple offenses. Your list may have thirty, forty, or fifty offenses on it. That is good! The more you can write down the better. You want them all written out, so you can take the time to remove them from your spirit.

The shotgun approach may not work. You may not be able to simply say, "I forgive you [person X]," have that forgiveness exercise cover all of that person's offenses, and be done with it. You may have to take the sniper approach and forgive specific offenses that a person did. This way you'll be able to get rid of all of the offenses that make up an individual event, and will have more thorough emotional freedom.

I was told to make a list and systematically forgive people who have hurt me, but I didn't realize the full importance of it until recently. The more I forgive hurts from the past, the more I realize how much I've been held back because of these unresolved hurts. It was one of the things that has been preventing me from flying as high as I want to fly in this life, and accomplishing everything that I know I'm built to do.

I do a lot of personal growth. But doing personal growth without having forgiven your hurts, is

like driving a Ferrari with cinder blocks in the trunk. You need to dump the weight of those blocks through forgiveness, so you can drive your super-car the way it's meant to be driven!

Tip from Terence: *You can forgive anyone, even if the person is no longer alive. A person doesn't have to be alive for resentment to be in your heart towards him or her. We aren't necessarily offended by the person, we are offended by the memory of what that person did. Forgiving people who are no longer alive frees you from the hurt in your heart towards them, and blesses your memories of them.*

Forgiveness is a daily process. Take the words of the Bible to heart, "...Do not let the sun go down while you are still angry," (Ephesians 4:26). Do your best to not go to bed with offenses still on your mind. Your subconscious mind is like a plot of land, and it will return what you plant in it. If you plant anger in it during the day, then it will process that anger all night long. Those seeds of anger will then multiply, and return a crop of bad fruit into your life. Forgive before sleeping, so your mind can process positive thoughts during the night. Then you can wake up to a fresh new morning!

The tool of forgiveness will help you to release many of the emotional brakes that have held you back in life. Please, teach this to your children. There is no better tool that you can give them than to teach them how to live emotionally free. Share this with others and please use this technique as much as you need to.