

WHEN THE PERSON YOU NEED TO FORGIVE IS YOU

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F.O.R.G.I.V.E.N. METHOD

- ◎ BY JUNE HUNT
- ◎ *How to Forgive, When You Don't Feel like it*
- ◎ FROM CHAPTER 12

F.O.R.G.I.V.E.N

- ◉ Find the source of your guilt
- ◉ Own the responsibility of your sin
- ◉ Realize that God means what he says
- ◉ Give up dwelling in the past
- ◉ Invest time in renewing your mind
- ◉ Verify truth when Satan accuses
- ◉ Exchange your life for the life of Christ
- ◉ Notice that God brings your feelings in line with the facts when you obey him

ASSESSMENT

Check all that apply

I have to forgive myself for something I've done to myself

I have to forgive myself for something I've done to someone

ASSESSMENT

Check all that apply

Five types of guilt

I have guilt for something I did

I have guilt for something I want to do, but haven't done

I have guilt for something I think I did

I have guilt for not doing enough to help someone

I have guilt because I am doing better than someone else

ASSESSMENT

- ⦿ Find the source of your guilt. Is your guilt true or false?
- ⦿ Have you owned, admitted, and repented for your sin?
- ⦿ Do you realize that God means what he says?
- ⦿ Have you given up on focusing on the past?

ASSESSMENT

- What scripture reminds you to forgive yourself?
- What lie have you believed about not being forgiven?
- What have you done to be like Christ?
- When did you decide to obey God on forgiving yourself for your guilt?

RESOURCES

- ◉ ***How to Forgive, When You Don't Feel like it***
 - By June Hunt
- ◉ **The Definitive Guide to Guilt**
 - By Susan Krauss Whitbourne, PhD
 - www.psychologytoday.com