



3 STEPS TO FORGIVENESS

UNOFFENDABLE | WEEK 5
DAVE D'ANGELO

HOW JUST
ONE CHANGE
CAN MAKE ALL
OF LIFE BETTER

Key Points

- Forgiveness is universally endorsed but personally difficult to practice when we are the ones hurt.
- Unforgiveness creates hysterics in our present that are rooted in unresolved historical pain.
- What consumes us controls us; harboring unforgiveness affects everyone around us, not just our offender.
- Joseph's brothers' response to offense demonstrates how unforgiveness transforms us into people we never intended to become.
- Forgiveness doesn't mean the offense was right or doesn't hurt anymore; it means we no longer look to the offender to solve our pain.
- Judgment is God's role alone; we must repent of taking His place as judge.
- Joseph's response to his brothers years later shows he didn't outlive his enemies but outgrew them through forgiveness.

Steps to Forgiveness

1. Count up the **debt** and cancel the debt by passing it to Jesus:

_____(Offender)____ you owed me _____(take time to list what they owe you) but now I pass the debt to you Jesus and cancel it, just like you Jesus have cancelled every debt that I owe you.



2. Acknowledge and repent for **judgment**:

Lord, I repent of my judgment of ____ (Offender) ____ as if I knew all of the reasons they did what they did. Please forgive me for taking your role and judging them.

I release my judgment against __ (Offender) __, and I ask God to have mercy on them. I speak blessing and that you God would draw them near to you.

Lord, I have also placed judgment on you for what happened. I want a restored relationship and view of you even if I don't understand.

3. Ask Jesus to meet your **need**:

I release you ____ (Offender) ____ from having to be the solution to my pain and ask you, God, to be the One who heals my heart and becomes my provision.

Lord, I feel a strong and real need that was not met by that person. Would you meet my need for __ (name the need) ____?

Scripture References

Genesis 37:20

Genesis 37

Luke 23:34

Romans 12:14

Matthew 6:12

Colossians 2:13-14

Matthew 7:1-5

Genesis 50:19-21

Discussion Questions

1. What does it mean that 'what consumes us controls us,' and how have you seen this principle play out in your own life or relationships?
2. The sermon mentions that 80 percent of Freedom Prayer sessions dealt with unforgiveness. What does this statistic reveal about the church and our collective struggle with this issue?
3. Why is it important to count up the specific debts we feel owed before we can truly cancel them, and how does this process align with how God forgives us?
4. How does taking on the role of judge over our offender constitute a second sin on top of unforgiveness, and why is repenting of judgment such a crucial step?
5. In what ways do we continue to look to our offenders as the solution to our pain rather than turning to Jesus, and how does this keep us in bondage?

