

21 *ways to* FORGIVE

Student Study Sheets



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Introduction

The reason we can be forgiven by God: we receive the free gift of eternal life for believing that Jesus is God in human form, and that he died for our sins and rose from the dead.

Supporting scriptures: John 3:16, Eph. 2:8-9, Titus 3:5, Rom. 10:9-10

Read Col. 2:9.

i.1: How much of God's fullness lives in Jesus? _____

Read John 1:12.

i.2: What does God give to those who receive Jesus Christ? _____

Read John 3:16.

i.3: To believe in Jesus means that you believe he is both fully man and fully _____.

Read 1 John 1:8-9

i.4: What does God want you to do in regard to your sins?

You do the confessing of sin and God will do the _____.

i.5: If you do your part what two things does God promise to do?

Repentance means that we tell God that we are sorry for our sins and **do not want** to live in them. We tell God **what we do want**. *"I want to belong to you. I want your fellowship. I want you to change me into your image. I want you to keep me forever."*

The major law of deliverance is this: *What you want can have you. What you don't want cannot keep you.* Telling God what you don't want is repenting. Telling God what you do want is to hunger and thirst for righteousness. **(See Matt. 5:6).**

If we want a certain sin, the spirit behind the sin has a legal right to oppress us. If we want Jesus and a Christ-like life the Holy Spirit gets a legal right to bless us.

Read Matt. 5:6.

i.6: What will God do for those who hunger and thirst for righteousness? _____

Reflection:

- Have you *asked* God to forgive you for your sins and have you put your faith in Jesus Christ?
- Have you *received* forgiveness of your sins through Jesus Christ?

Reflection: *"Forgiving Yourself"*

The author says, "I tell people that rather than 'forgiving yourself' you should celebrate your forgiveness in Christ. I believe that forgiving yourself is a never-ending process that keeps bringing up your sin and reminding you of it."

Read Matt. 6:12

i.7: What does Jesus compare sin to? _____

i.8: If a millionaire completely paid off your financial debt and someone came along and said, “Now *you have to pay your debt.*” How would you answer that person?

i.9: If you were a million dollars in debt could you borrow money from yourself to pay your debt?

Reflection:

- Do you understand why “forgiving yourself” is a thought from the devil to bring back condemnation for sins that are already forgiven by God?

i.10: Why is celebrating your forgiveness in Christ so much better and sensible than trying to forgive yourself?

Reflection:

- Why not celebrate your forgiveness in Christ right now?

Part 1, Chapter 1

Read Matt. 18:21-35

1-1.1: What does God do with your debt of sin when you ask his forgiveness through Christ?

1-1.2: What will God do with your debt of sin if you stubbornly refuse to forgive someone else?

1-1.3: If the man could not pay his debt outside of prison how would he be able to pay it off from inside a prison?

1-1.4 a: Besides being in prison, the unforgiving servant was going to be _____.

b: For how long? _____.

1-1.5: Does Jesus teach that forgiving others is optional or an absolute must? _____.

Special Note: *The unforgiving servant was not just peeved at his fellow servant. He wasn't just disappointed. He was very angry and had him thrown into prison. We aren't going to lose our own forgiveness over just being a little peeved at someone. It would take a willful refusal to forgive.*

1-1.6: If you don't forgive from your heart what will happen to your soul when you die physically?

Reflection:

- Is anyone worth going to hell over?

1-1.7: We should never say, "I'll never forgive that person."

Why is a statement like that so very dangerous? _____

Reflection:

- Can you see why the author believes that this is the most motivating reason to forgive?
- Do you agree?

Part 1, Chapter 2

Read Eph. 4:26-27

1-2.1: How long does it take to give the devil a foothold in your life? _____

1-2.2: Refusing to forgive gives the devil a legal right to do what to you? _____

1-2.3: If people are relying on anti-depressants but continue to let the sun go down on their anger and continue to give the devil a foothold can they ever experience real peace of mind?

Special Note: *The author believes that the nation as a whole has turned away from God's ways of having peace of mind and substituted pills, which have many negative side effects. We cannot say that anti-depressants are not necessary in some cases, but we can say that God's words and ways are always applicable and always work best without negative side affects.*

Reflection:

- Do you think that society as a whole has turned away from God's ways of having peace of mind and turned to chemical substitutes?
- Do you think there might be an over-reliance on drugs, even among Christians?

Fact: *The Greek word for "foothold" actually means "a place of legal standing from which to exercise authority." When we let the sun go down on our wrath, we are giving the devil a place to stand in our life, a place from which to exercise influence.*

Read John 10:10

1-2.4: What three things will the devil try to do to us if we give him a “foothold” or a legal place to stand?

Part 1, Chapter 3

Read 2 Cor. 2:10-11.

1-3.1: We forgive so that Satan will not _____ us.

1-3.2: Why would getting you not to forgive another person be, perhaps, the devil’s favorite scheme to destroy you?

Part 1, Chapter 4

Read Mark 11:22-26

1-4.1: Jesus links faith and answered prayer with what? _____

The author says, *“If you get rid of your internal problems God will help turn your external problems into blessings and miracles. If you don’t get rid of your internal problems your external problems will pound you to pieces.”*

1-4.2: Can you think of a story or stories in the Bible that support what the author is saying?

Additional Study: *Read the story of King Saul and David on your own.*

- 1 Sam. 18:6-15
- 1 Sam. 22:9-22
- 1 Sam. 28:3-24

Refer to 1 Sam. 18:6-15, 1 Sam. 22:9-22 and 1 Sam. 28:3-24

1-4.3: What were the “internal problems” that King Saul lived with in the later part of his life?

Read 1 Sam. 31:1-10

1-4.4: How did external problems pound King Saul to pieces? _____

Additional Study: Read 1 Sam. 30

1-4.5: What was one of the biggest external problems that David faced before he became king in Hebron?

Read 1 Sam. 30:16-10, 1 Sam. 30:26-27 and 2 Sam. 2

1-4.6: God turned David’s big problem into blessings and miracles. What were some of the blessings?

Reflection:

- Do you want to be a man or woman of great faith?
- *If so, you'll have to be a great forgiver.*

1-4.7: Put into your own words why forgiveness and faith must go together.

Part 1, Chapter 5

Read Heb. 12:15

1-5.1: Why can one person's bitterness defile many? _____

The author says, "If you don't conquer bitterness you will spread it."

1-5.2: Why is that true?

Reflection:

- Can you give any example of stories you have heard of or personal experiences where you or others picked up on an offense after they heard how someone else was treated?

Part 1, Chapter 6

Read Job 5:2, Prov. 14:30 and Prov. 17:22

1-6.1: Negative emotions do what to the body? _____

1-6.2: What is the a difference between being killed and being slain? _____

1-6.3: What do positive emotions do for the body? _____

1-6.4: Why is having peaceful and loving thoughts and emotions more important than eating healthy food? (Clues found in Num. 14)

Reflection:

Health conscious people should consider having healthy emotions as even more important than exercise, healthy food and the best supplements.

- Do you think most people are aware of what negative emotions are doing to their health?
- Have you made having peaceful, loving and joyful emotions your number one health principle?

Read James 5:16

1-6.5: Why is it a good idea to help people get victory over negative emotions before praying for their physical healing?

Reflection:

- Do most Christians ask for prayer for healing without admitting that they are struggling with sins of hatred, jealousy, bitterness, unforgiveness, envy and the like?
- Do you think more people would be physically healed if we followed the order of James 5:16?
- Do you know of any medical information that you would like to share as to how anger constricts arteries?
- Do you know any other medical information that shows how negative emotions do bad things to our bodies?

Part 1, Chapter 7

Read John 17:22-23

1-7.1: God loves you as much as he loves who? _____

1-7.2: What is the “glory” that Jesus gives to his followers? _____

Read Ps. 16:11 and John 17:3

1-7.3: Why is this intimacy with God, this “glory” the ultimate gift? _____

Read Matt. 22:37-39 and Matt. 25:31-46

1-7.4: The way you treat others is the way you are treating _____.

Reflection:

- Why does unforgiveness break our fellowship with God?
- Why does unforgiveness break our fellowship with people?

“Bitter, unforgiving people end up lonely and isolated.”

- Do you agree or disagree with this statement. Why?
- Would you give away your “glory” (intimate oneness with God and the joy and peace that comes with that) just to hold onto an offense?
- Which would you rather hold onto—your glory or a grudge?

Part 1, Chapter 8

Read Mark 6:19

1-8.1: A “grudge” is a desire to _____.

Reflection:

- How does a person “nurse” a grudge?

1-8.2: A full grown grudge will do what? _____

Read James 1:14-15

1-8.3: Full grown sin gives birth to what? _____

Reflection:

Herodias nursed a grudge against John the Baptist and eventually had him killed. If you nurse a grudge you could do something violent to another person, but that would also give birth to death in you.

- Are you “nursing” a grudge against someone?
- Why would it be better to starve your grudge than nurse it?
- How would you “starve” a grudge?
- If you have a grudge against anyone are you going to starve it or nurse it?

Part 1, Chapter 9

Activity:

- Write out Coach John Wooden's definition of success, found at the top of page 18 in *21 Ways to Forgive*.

- Now, write out the definition of success given by Jesus Christ in his high priestly prayer. (See John 17:4)

1-9.1: How are these definitions of success similar? _____

1-9.2: How are these definitions of success different? _____

Read Ps. 119:165

1-9.3: How does peace of mind compare with trophies, awards, prizes, riches and worldly honors?

1-9.4: If peace of mind is a main measure of success, then why would anyone want to meditate on things that trouble the heart and mind and dwell on those things? (See Luke 12:15)

Reflection:

- Would you like the Holy Spirit to help you become a true success in life?

Activity:

- Write out your prayer:

Part 2

Introduction

Reflection:

- Name some tools that would be needed to construct a house.
- Can you list 21 different tools?
- What can you avoid if you practice using the tools and techniques of forgiveness?

ii.1: What is the difference between forgiveness and trust? _____

ii.2: Can a person forgive someone and still not trust that person? _____

ii.3: Can a person forgive and still long for justice? _____

Part 2, Chapter 1

Read Prov. 19:11 and Prov. 20:3

2-1.1: It is to one's glory to do what with an offense? _____

2-1.2: What is one reason an entire culture can lose its glory? _____

2-1.3: Why should we be different than our culture? _____

2-1.4: What does the author mean by "keep your spiritual dignity?" _____

2-1.5: Can anyone take away your spiritual dignity? _____

2-1.6: The fool thinks he is defending his honor when in fact he is _____ it.

Activity:

- Study the illustration on page 24 in *21 Ways to Forgive*, of a burning ember falling into an open can of water versus an open can of gasoline.

2-1.7: Why is the saying, “She makes me so mad,” or “He makes me so mad,” or “They make me so mad,” actually a form of self-deception?

Read Prov. 13:10

2-1.8: If you are filled with pride you’ll have a lot of what? _____

Read Prov. 19:11 and John 4:14.

2-1.9: People who are very hard to offend are filled with what? _____

Reflection: Agree or disagree?

- Our reaction to offenses demonstrates to everyone what we are filled with.

Additional Study: Read Judges 12:1-6.

The pride of the men of Ephraim was easily offended and resulted in 42,000 of them being killed, which never would have happened if they had not been so full of pride and arrogance.

Reflection:

- What are you filled with?
- What do you want to be filled with?

Activity: Make a list of godly virtues that you would like to be filled with.

- What would these look like if they were fleshed out in your life?
-
-
-

- Can you give a short definition for each? (The author has a personal list of over 120 that he prays for.) *This collection of virtues can grow to become one of your prized possessions, something you use to check up on your spiritual progress and growth. This should be done in a separate notebook, computer page, or document.*

Reflection:

- What does our nation resemble—an open can of water or an open can of gasoline?

Part 2, Chapter 2

Read Prov. 17:14

2-2.1: What does it mean to “breach a dam”? _____

Reflection:

Something very bad can happen when someone starts a quarrel. We would say, “They started it,” but actually, a quarrel is started when the second party does something mean back to the first party. Again, a quarrel is started only when the second person reacts in anger to the first person’s offensive words or actions.

- Do you see how it could be an act of self-deception to say, “Well, he started it!”

2-2.2: Better to not start a quarrel because a quarrel might _____

Reflection:

- Have you ever started a quarrel instead of dropping the matter?
- Have you ever just overlooked a matter instead of starting a quarrel?

2-2.3: If you overlook an offense then you won’t have to _____.

Part 2, Chapter 3

Read 1 Pet. 3:9

2-3.1: If you repay cursing with a blessing you’ll inherit what? _____

Activity: Read 1 Cor. 4:12-13.

- Take out the “we” and write your name. *Example: Mary works hard with her own hands. When Mary is cursed, Mary blesses. When Mary is persecuted, Mary endures it; when Mary is slandered, Mary answers kindly.*

- When you word those verses with your name inserted, does it sound like the truth, a complete lie, or some of both?

2-3.2: If it sounds like a lie, what does that mean? _____

Read Heb. 7:7

2-3.3: Who is the greater person—the one who gives the blessing or the one who receives the blessing?

Read Prov. 26:2

2-3.4: If you bless the person who curses you, what will happen to their curse? Will it be effective?

Refer again to Prov. 26:2

2-3.5: When you bless the person who curses you, that proves what? _____

A BRIEF REVIEW

The first three ways to forgive are actually ways to avoid having to forgive in the first place. Review these first three ways and write them briefly:

1. _____

2. _____

3. _____

- Of the three, which one are you best at?
- Which one are you not very good at yet?
- *Agree or disagree?* God can help us all become very good at these techniques but he will not do anything for the person who doesn't care. They'll be left on their own.

Read James 4:6 and 1 Pet. 5:5

2-3.6: What kind of people are going to receive help and empowerment from God? _____

Part 2, Chapter 4

Read Col. 3:13

2-4.1: When God forgives he does what? _____

2-4.2: If you forgive as God forgives that means that you will do what? _____

2-4.3: If you keep bringing up the past in arguments to make a point or to make a person feel shameful, what does that say about you?

Read 1 Cor. 13:5

2-4.4: Love keeps no record of what? _____

2-4.5: When we are faced with handling today's family conflict we must avoid what?

Some additional insights about the slime bag of the past:

- The author has noted, since writing the book, that you don't have to reach into the slime bag of the past to ruin today. You just have to carry it around on your shoulder.
- Even if you don't mention the past in an argument, if you are thinking about it, you'll be ruining your today because it's so heavy to carry around.
- The slime of the past, if rubbed on today, will certainly ruin today. But since writing the book, the author has noted that this kind of slime is also **explosive**! It is not only dirty and messy and ugly, but can actually **explode** so violently that it also ruins **tomorrow**!

Reflection:

- Have you ever heard about some terrorist bomb maker who accidentally blew themselves up while making a bomb?
- *Agree or disagree:* Carrying around the "slime bag of the past" is like carrying around a bag of explosive material that could ruin not only today, but all your tomorrows!

Read James 3:6

2-4.6: When the fire of the tongue comes in contact with the explosive slime of the past what could happen?

Reflection:

- Do most people keep a record of wrongs, that is, do most people keep the slime bag of the past close by so that they can reach into it during arguments?
- What is your estimate on the percentage of Christians who are actually carrying around the slime of the past like a heavy burden on their backs?

Read Phil. 3:13-14

2-4.7: What was one reason the Apostle Paul could live such a victorious overcoming life in spite of all the mean things people did to him?

Read Eph. 4:26

Reflection:

- Have you ever washed a well-used chalkboard?
- Is a dirty chalk board ready for use tomorrow?

2-4.8: If our mind is like a mental chalkboard and we forget the past, would it help us concentrate on today so that we're more mentally sharp?

Reflection:

In the DVD of 21 Ways to Forgive the author gives an illustration of a woman who finds that her husband messed up the bathroom. He describes two ways she could handle that: first, by bringing up the past and second, by just dealing with today's little offense.

- Which response reminds you most of your typical response to similar irritations?

Activity:

Write out a prayer where you tell God that you'd like to be forgiven for keeping a record of wrongs (a slime bag of the past). Write out your appeal for his help in avoiding the use of the slime bag of the past in the future. Tell God how much you need his help.

Part 2, Chapter 5

Read Eph. 4:29

2-5.1: Why is verbal hostility a fertilizer for the thistle of bitterness? _____

Reflection:

If you make a person feel shameful they'll be looking down at themselves and thinking how bad they are. They won't be able to look up and see how good you are.

2-5.2: Which would you rather: (circle your answer)

- a. Make them see how bad they are?
- b. Help them see how good you are?

Read John 8:3-11

2-5.3: After this encounter with Jesus, do you suppose this woman was thinking about how bad she was or how good Jesus was?

Reflection:

- Are you in the habit of using condemning words?

Refer again to Eph. 4:29

2-5.4: What does the Bible say that you should do with those condemning words?

2-5.5: You should replace condemning words with what kind of words?

Read James 1:26

2-5.6: If you continue to speak mean condemning words to others what are you doing to yourself?

2-5.7: Would it be easier for Satan to deceive a person who is already self-deceived?

Part 2, Chapter 6

Read Matt. 6:12

2-6.1: Why is forgiving like canceling a debt? _____

Reflection:

- Have you ever forgiven someone who owed you money but wouldn't pay it?
- The motto of Nike sports equipment is "Just do it."
- Could that apply to forgiving?
- Is forgiving something you have done or something you need to still do?

Part 2, Chapter 7

Jesus suffered the greatest injustice of all time because he was so good and yet was treated so badly.

2-7.1: Why will your story of injustice never top his story of injustice?

Reflection:

In spite of suffering the greatest injustice of all time Jesus was not filled with rage, but instead felt love for the people who rejected, mistreated and murdered him.

- Have you suffered a really huge injustice?
- Were you filled with rage at the person or persons who treated you unjustly or were you, like Jesus, filled with love for them?

Read Luke 23:34

2-7.2: What was Jesus' prayer as he suffered such great injustice? _____

2-7.3: Why is it necessary to detoxify a spider bite or a snakebite? _____

2-7.4: Why is it likewise necessary to detoxify rage? _____

Reflection:

- Have you ever felt rage dissipate by praying this prayer of Jesus, "*Father, forgive them for they know not what they do,*"?
- When it's small to medium—***you forgive it.***
- If it's a ***huge*** offense or injustice, ask the Father to forgive it.

Activity:

- Write out the prayer of Jesus in Luke 23:34.
-
-

- Write out the prayer of Stephen in Acts 7:60.
-
-

- Write out the prayer of Moses in Exod. 32:31-32.

2-7.5: What is the similarity between the situations that Jesus, Stephen and Moses found themselves in?

Read Phil. 3:10

2-7.6: How might you be like Jesus in his death? _____

Reflection:

- Do you desire to die free of bitterness and unforgiveness like Jesus?

Activity:

- Write out your prayer for God's help: _____

Part 2, Chapter 8

Read Mark 11:25-26

2-8.1: Can you forgive someone even if they are not asking for forgiveness? _____

Read Luke 17:3

2-8.2: Is it easier to forgive someone who is asking for forgiveness compared to someone who is not asking for forgiveness?

2-8.3: Is it usual and normal for people to actually ask for forgiveness?

Reflection:

- What percentage of those who have wronged you in life had ever come back and asked for forgiveness?

2-8.4: Are the birds of life coming back to wipe bitterness off of your face? _____

Reflection:

- Have you been waiting for a “bird” to make things right?
- Are you holding on to bitterness until they apologize?

2-8.5: If you are bitter, how will it show? _____

Activity:

- Think of someone you need to forgive. Then take your hand, wipe it across your nose as if you are wiping off the bird stuff and say, “I forgive that person.”

I forgive (write the name or names) _____

2-8.6: Unless you forget about what you just wiped off our nose it will become what in your hand?

Reflection:

- Do you relate to the author who was corrected by God for holding on to what he wiped off his nose?
- Are you holding onto self-pity in your hand?

2-8.7: What must we do with what we are holding on to so that we can work for God with both hands?

Activity:

- Dust your hands together and say, “I’m going to forget about it!”

Read 1 Tim. 2:8

2-8.8: Holy hands aren’t holding onto _____.

Activity:

- Lift “holy hands” to the Lord and praise Him right now.

Part 2, Chapter 9

Read 2 Cor. 11:24-25

2-9.1: What reasons did Paul have to feel sorry for himself? _____

Read Rom. 9:1-4

2-9.2: How did Paul overcome a victim mentality? _____

Point to ponder: God does not require anyone to live in an abusive, violent environment. Paul had some distance between himself and the Jewish people who had rejected Jesus, the ones who had whipped and beaten and stoned him.

2-9.3: You may need to feel sorry for them from a _____.

Read Mal. 2:16 in the RSV translation.

For I hate divorce, says the Lord the God of Israel, and covering one's garment with violence, says the Lord of hosts.

2-9.4: God hates what? _____

2-9.5: God also hates what? _____

2-9.6: No matter what kind of abuse you have suffered you must do what to be more than a conqueror?

2-9.7: A “victim mentality” is a choice to wallow in what? _____

Read Rom. 8:37 in the ESV translation

No, in all these things we are more than conquerors through him who loved us.

Reflection:

- If you have been victimized in some way, do you feel like you are still a victim or have you moved on to being more than a conqueror?

2-9.8 a: We must get our minds on who _____ us...

b: ...instead of on who _____ us.

Activity:

- Ask the Lord to help you move on, past the victimization, and onto victory in Christ.
- Write out your prayer:

Part 2, Chapter 10

Read Acts 7:60 in the ESV translation

And falling to his knees he cried out with a loud voice, "Lord, do not hold this sin against them." And when he had said this, he fell asleep.

Point to emphasize: When you forgive God does not waste your pain. Rather, he invests it.

Read Acts 7:54-60, Acts 8:1-3, and Acts 9:1-2

2-10.1: How do we know that Saul of Tarsus was the focal point of the guilt in the stoning of Stephen?

Read Acts 9:1-9 in the KJV or NKJV translations

When Jesus appeared to Saul he said "I am Jesus, whom you are persecuting. It is hard for you to kick against the goads."

2-10.2: Did God strike Saul with a lightening bolt of judgment or a lightening bolt of mercy? _____

2-10.3: Did Jesus speak harshly to Saul? _____

Read Acts 9:3-4

2-10.4: What was the first thing Jesus said to Saul? _____

2-10.5: When someone treats you badly, who are they really mistreating? _____

2-10.6: Do Jesus' words to Saul sound harsh and angry or tender and merciful? _____

Reflection:

- Have you ever wished that God would strike someone with a bolt of judgment and wipe them out?
- If God could use your pain and your prayer for their forgiveness as a legal right to strike them with mercy and turn them into something wonderful in the same way that he struck Saul and turned him into an apostle, would you like that?

Activity:

- Act as if you are reaching up to heaven with a deposit of your pain.
- Tell God, that if possible, you would prefer that he strike that person or persons with mercy instead of judgment.
- Tell God that you'd like a dividend on the deposit of your pain in the Bank of Heaven.

Read Rom. 12:19 in the NIV translation

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

2-10.7: We must not take what? _____

2-10.8: We must leave room for what? _____

Activity:

- If you have been greatly wronged, tell God that you would prefer that he strike your persecutor with mercy rather than judgment.
- Also tell God that since he knows all hearts, you would understand if he chooses to avenge you with justice.

2-10.9: Why would it be better for us to pray that God will use our pain as a justification to strike our persecutor with mercy instead of justice?

Reflection:

- Are there other scriptures that prove that God will not waste our pain when we forgive?

Read Ps. 56:8 in the NLT translation

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

2-10.10: What does God do with our sorrows? _____

2-10.11: What does God do with our tears? _____

2-10.12: How many tears of ours does God keep track of? _____

Read Acts 12:1-2 and Acts 12:20-23

2-10.13: King Herod ordered the execution of who? _____

2-10.14: Did God strike King Herod with mercy? _____

2-10.15: What did God strike King Herod with? _____

Read or refer to Matt. 25:31-46

2-10.16: The way that people treat you is the way that they are treating who? _____

Part 2, Chapter 11

Reflection:

- What are some of the main reasons, in your opinion, that so many people live in sadness?
- Do you agree with the author that one of the main reasons for sadness is a focus that says, "Look what they did to me?"

2-11.1: Why is it impossible for anyone to pull you out of the Cistern of Sadness? _____

Read Eph. 6:12

2-11.2: Who is your real enemy? _____

2-11.3: Who is not your real enemy? _____

2-11.4: Is your real enemy ever going to be good? _____

Read 1 John 3:8 and Amos 5:15

2-11.5: Why should we counter attack our real enemy? _____

2-11.6: What was one of the main reasons Jesus came to earth? _____

Read 1 Pet. 5:7-9

2-11.7: Who are we to resist? _____

Read Rom. 12:9

2-11.8: Is all hatred wrong? _____

Read 2 Chron. 19:2

2-11.9: Is all love good? _____

Read Matt. 16:19

2-11.10: Why is it unscriptural to bind Satan and fallen angels that dwell in the second heaven, that is, the atmosphere above the Earth?

2-11.11: Why is helping people such a good way to fight the devil? _____

Activity: Repeat these questions and memorize them.

- Who can I love? Who can I serve? Who can I bless? Who can I encourage?

2-11.12: Why is this “focus” so life changing and helpful? _____

Read Acts 20:35

2-11.13: If your focus is on loving, serving, blessing and encouraging others will you get anything out of it yourself?

Reflection:

There are two different ways to look at life: The sad way is to say, “Look what they did to me.” The happy way is to say, “Look what God has used me to do for others.”

- Which way best describes your own focus in life?
- Are you in the Cistern of Sadness, or starting to climb out of it, or out of it altogether?

2-11.14: What could make you fall back into the Cistern of Sadness? _____

2-11.15: What happens to the pain of sadness when we rejoice over being used of God to help people?

2-11.16: Is it possible to get over great emotional pain? _____

2-11.17: Might the process of getting over sadness take some time? _____

Reflection:

- Do you feel like your life is over and ruined or are you admitting that you are still alive and have some fight in you? (*Fight means a desire to destroy the works of the devil.*)
- Have you changed your whole focus in life to “Who can I love? Who can I serve? Who can I bless? Who can I encourage?”
- Are you enjoying helping others? Are you feeling the joy and making that joy grow?

Activity:

- Write down someone that you want to encourage, bless, serve or express love to.
- How will you do this?
- What is your plan of action?
- When are you going to do this?

Part 2, Chapter 12

Read Acts 7:60

Activity:

- Write out Stephen's prayer.

- Now write it again but take out the word "them" and write in someone's name who has been especially mean or unjust toward you.

- Have you ever felt like something done against you was "unforgivable"?
- Have you ever said, "I could never forgive that!"?
- Do you really want that person or persons to burn forever in hell because of what he or she or they did to you?

2-12.1: Why is saying, "No, I don't want them to burn in hell forever" a beginning form of forgiveness?"

Part 2, Chapter 13

Reflection:

- Have you ever thought that it might be stupid to forgive?

2-13.1: Who is the author of the thought that it's stupid to forgive? _____

Read Luke 7:37-50

2-13.2: Who is most likely to love you the most: (circle your answer)

A. Someone you forgive for something small?

B. Someone you forgive for something big.

2-13.3: Is there any guarantee that the person you forgive will love you more, or even at all? _____

Read Luke 6:32-36

2-13.4: What can we expect with real certainty if we love our enemies? _____

2-13.5: What should we not be expecting if we lend to them? _____

Author's Note: While it's likely that those you forgive will love you more, there is no guarantee. Loving your enemies and doing good to them has the guarantee of a heavenly reward and of changing your character. If they repay you with kindness and if they love you more, that's great. That's extra. But don't be disappointed if it doesn't happen.

Part 2, Chapter 14

Read Acts 22:4

2-14.1: How do we know that Saul of Tarsus killed more than one of God's children? _____

Read Acts 26:10

2-14.2: When Christians were put to death Saul cast his vote against: (circle your answer)

A. Him?

B. Her?

C. Them?

2-14.3: How many people have become God's spiritual children through the life and writings of the Apostle Paul? (circle your answer)

A. Hundreds?

B. Thousands?

C. Hundreds of thousands?

D. Millions?

Read Acts 8:4-10

2-14.4: How was the loss of Stephen leveraged into a gain for the Kingdom of God? _____

Read Phil. 1:14

2-14.5: How was the loss of Paul's freedom leveraged into a gain for the Kingdom of God? _____

2-14.6: Why is it so important to see what a person could become instead of freeze-framing a picture of what they are – as if they could not be changed even by God?

Additional Study: What are some ways God can leverage a loss into a great gain for his kingdom?

2 Cor. 4:17 _____

Job 42:12-16 _____

Acts 12:23 _____

2 Cor. 1:4 _____

Activity: Write out Rom. 12:19

- Have you ever had God leverage a loss?

Read Acts 12:1-23.

Herod had the Apostle James killed with the sword. Unlike Saul, Herod was struck with a bolt of justice instead of a bolt of mercy.

2-14.7: This was leveraged judgment. Why can we say that? _____

Part 2, Chapter 15

Read 2 Tim. 2:24-26

2-15.1: If someone is an opponent to a godly person it means they have been taken

_____ by the _____ to do his _____.

2-15.2: Since that is so, who is the victim, really? _____

Read Luke 22:31-32

2-15.3: In the matter of Peter's denial of Jesus, who did Jesus see as the victim, himself, or Peter?

Reflection:

- Who do you see as the victim—yourself or the person who harmed you that was taken captive by the devil to do his will?

Part 2, Chapter 16

Reflection:

- Have you ever used a pressure cooker or seen someone else use one?

2-16.1: Why is a pressure relief valve essential to avoid an explosion? _____

Read Luke 6:27-28

2-16.2: Why would Jesus tell you to pray for those who persecute you? (Circle your answer)

A. For their benefit? B. For your benefit? C. Both?

2-16.3: Who benefits first when you pray for your enemies? You or them? _____

Reflection:

- Do you have any real enemies? *This is not a trick question. If you have real enemies you need to identify them.*
- Who bugs you the most?
- Who causes you the most trouble?
- Are you letting off the steam of frustration, anger and negative emotions by praying for them? *Yes? No? Not enough?*
- If not, why not?
- When do you plan to start praying for them?

2-16.4: What are some ways that people explode or blow up when they do not release the pressure of frustration and negative emotions in a positive way?

Activity:

- Write out a loving prayer for your enemy or the person who causes you the most pain and trouble:

Part 2, Chapter 17

Read Rom. 12:17-21

2-17.1: Why should we do something good for someone who is causing us trouble rather than taking revenge?

Read Luke 6:27-28

2-17.2: In verses 27-28, what four things did Jesus say to do to or for an enemy?

1. _____ 2. _____
3. _____ 4. _____

2-17.3: Why is it so much better to do all four things than just one?

Additional Study: Read the story of Joseph and his mean brothers.
Gen. Chapters 37-45, especially Chapter 37 and Chapter 45.

2-17.4: Joseph had the power to harm his brothers but instead he did good to them. This led to family what?

2-17.5a: Is reconciliation like a snack or a feast? _____

b: But why? _____

Reflection:

- Do you have a story of reconciliation you have experienced or witnessed that would be good to share briefly with the class?
- What broken relationship would you like to see healed?
- What person do you want to be reconciled to?
- Express your desire for reconciliation with a prayer to God.

Part 2, Chapter 18

Read 1 Pet. 2:13 and 2 Cor. 12:10

2-18.1: What are two things we can do for the Lord's sake? _____

2-18.2: Could we forgive for the Lord's sake? _____

2-18.3: What did Jesus do to keep "that person" from going to hell? _____

2-18.4: Since Jesus has done so much to provide a way for that person to be forgiven and taken to heaven, could you forgive that person for Jesus' sake?

Activity:

- Write the name of those you forgive in a prayer:

Lord, for your sake, I forgive _____.

Part 2, Chapter 19

Read John 17:10

2-19.1: How does this apply to you? _____

Reflection:

- Give an example of someone going all out to help, love or reclaim their own.
- Have you ever “claimed” someone for the Kingdom of God and later saw them saved or delivered?

Read Exod. 32:7, 11-12 and Exod. 33:1

2-19.2: Why did God keep saying to Moses, “Your people have sinned”? _____

2-19.3: Why did Moses keep saying to God, “Remember, the Israelites are your people”? _____

Reflection:

- How many people in the Body of Christ actually have a John 17:10 attitude, in your opinion?
- Do you have a John 17:10 attitude?
- Would you like one?

Activity:

- Write out your prayer, and if you need this attitude for a specific person, ask God to give you Christ’s attitude toward that person.

2-19.4: Why is a John 17:10 attitude necessary for great leadership? _____

2-19.5: What would have happened to ancient Israel if either God or Moses had said, “*Those people are not mine?*”

Additional Study: Read Hos. 1:9-10

2-19.6: Why was it so ominous for Hosea to hear God say that the Israelites were “not my people”?

Additional Study: Read Dan. 9:19

2-19.7: Did Daniel appeal to God in intercession by reminding God that the people were his very own?

Consider: Perhaps we should be reminding God that the Pilgrims dedicated this nation and continent to God when they landed at Plymouth Rock.

2-19.8: Why would that be a good idea? _____

Part 2, Chapter 20

Read Rom. 14:13

2-20.1: What must we stop? _____

2-20.2: What must we determine to avoid doing to each other? _____

Read Rom. 14:20 and 1 Cor. 10:32

2-20.3: What are some ways that a believer could lay a stumbling stone for another believer? _____

Read Mark 9:42

2-20.4: Why is laying a stumbling stone for another believer a very serious thing? _____

Reflection:

- Has someone caused you to stumble spiritually?
- Have you ever caused someone else to stumble?

Read John 11:9-10 and 1 John 1:7

2-20.5: We cannot justify stumbling over stumbling stones put in front of us. It would be our sin to stumble over them and their sin to lay them in front of us. How do we know that we have no excuses for stumbling over stumbling stones?

Reflection:

- Have you ever had to go around a stumbling block or use one as a stepping-stone?
- *We don't have to stumble if we walk in the light of Jesus.*
- We can fail badly at meeting the emotional needs of our family if our priorities are wrong. By ignoring family members and failing to spend the proper amount of time with them we endanger them.

2-20.6: How could the devil twist this principle and bring harm to you? _____

***A word from the author:** Never let the devil grade your report card. He's not your teacher, and only your teacher has a right to grade your report card. Not the janitor, not the bus driver, not the person walking down the street. Only your teacher. The Holy Spirit is your teacher. If the Holy Spirit corrects you it will be a **pull** into the heart of God and you'll feel better. If the devil condemns you it will be a **push** away from God and you'll feel terrible. Don't allow him to do that.*

Reflection:

- Do you try hard to meet the emotional needs of your family members? Your mate? Your children? Your grandchildren? Your parents?
- How could you improve in this area?
- What actions should you take?

Part 2, Chapter 21

Reflection:

- Have you ever been angry at God or disappointed with God?
- Have you ever felt like God failed you?
- Since these things can crush the human spirit, do you feel like you have a “crushed spirit?”

Read Prov. 17:22, Prov. 18:14 and Ps. 34:18

2-21.1: What does God do for those who are crushed in spirit? _____

Read and write out Eph. 3:20

Reflection:

If you are thinking the answer is something small and you are asking for something small God may skip over it to do something bigger and better.

- Has this ever happened to you?
- Give an example of where you have experienced a disappointment only to find out that God was doing something bigger and better.

Read John 11:21 and John 11:32

2-21.2: What were Martha and Mary believing God for? _____

Additional Study: Read all of John 11.

2-21.3: How much bigger was God thinking in the case of Martha and Mary's prayer and their disappointment?

Reflection:

- Have you ever played the game of checkers?
- Have you ever sacrificed a checker in order to double jump your opponent?

Additional Study: Read 1 Sam. 31, the story of Ziklag, David's town being burned.

2-21.4: When David got "jumped" by Amalekite raiders, how bad did he feel?

2-21.5: What bigger thing was God doing? _____

Refer to the entire story of what God did to and through Joseph in Gen., chapters 37-50.

A word from the author: The author believes that Jacob must have prayed, "God, bring my boy home safe tonight," as he sent him off to check on the older brothers. This prayer was too small.

2-21.6: What did God do instead? _____

Read Prov. 3:5-6 and John 14:1

2-21.7: What must we do even if we do not understand what God is doing? _____

Read Jer. 32:40-41

Note: We are in the New Covenant that Jeremiah foretold.

2-21.8: What will God always be doing for those who keep the New Covenant in Christ? _____

CONCLUSION

Read Phil. 3:10-11

c-1: What would it be like to be like Jesus in his death? _____

Read John 14:26 and John 16:13

c-2: Why is it so necessary to ask the Holy Spirit to be your coach in the application of these truths to your daily life?

Read James 3:1 in the NIV translation

c-3: Why would it be a good thing for you to pray for the author of *21 Ways to Forgive*? _____

Activity:

- Please read the author's prayer on page 99 of *21 Ways to Forgive*.
 - Please write down any part of the prayer that seems especially significant and meaningful to you.
-
-

- Can you say to God, "This is *my* prayer!"

Read James 5:16

Reflection:

- Will you make a commitment to pray for each other for divine enablement to put these truths into practice?

If you have a testimony of how this book and class has helped you please send it via email to EncouragementExpert@gmail.com.

Thank you for reading and studying *21 Ways to Forgive*. We hope you will order additional copies to give to friends and family members.

Additional books and resources by Wes Daughenbaugh can be found at www.EncouragementExpert.com.