

# NO RECORD OF WRONGS

Discover the freedom of forgiveness!



## FORGIVE (DEFINITION)

- stop feeling angry or resentful toward someone for an offence, flaw or mistake
- cancel a debt

## 2 LEVELS OF FORGIVENESS

1. Let go of the anger, the pain and the offence for the person who wronged you.
2. Release anything you think they owe you because of the fallout, the aftermath and the impact their actions had on your life.

***How have you experienced both levels of forgiveness?***

## ASPECTS OF FORGIVENESS

### unburden

When someone harms us, if we do not forgive we carry the pain, anger and offense around like luggage, by forgiving the one who harmed us we can unburden ourselves and drop the luggage we've been carrying.

### SOUL

Forgiveness cleanses our soul and frees it from the pain, anger and offense.

## strength

It takes a lot of strength to be able to forgive those who hurt us.

## RELEASE

Forgiveness is the way to release your pain, anger and offense. It also releases you from the incident that caused the harm.

## overcome

When we are harmed we can become stuck in our pain, letting it go through forgiveness is the best way to overcome.

## MOVE ON

Moving on is impossible without forgiveness. Every time something happens that makes you think of how you were harmed you are right back in that moment as if no time has passed. Forgiveness allows you to leave those events in the past.

## pure

Not only does forgiveness cleanse our souls it also purifies our thoughts and actions towards the one who did us harm.

## CHANGE

Forgiveness changes us. It takes us from being resentful towards the one who did us harm to being able to see them through God's eyes.

## freedom

When we forgive we free ourselves from the prison of anger, pain and offense we created.

## LOVE

Instead of hating the person who harmed us forgiveness opens the doorway to love them the way that God calls us to love.

**Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. 1 Corinthians 13:4-7**

## intention

Forgiveness is not a fluke or an accident, it does not happen while we are sleeping or as a passive background thing, we need to be intentional about it.

***Forgiveness is an act of the will and the will can function regardless of the temperature of the heart. - Corrie Ten Boom***

## TRUTH

To forgive we need to take an honest, truthful look at ourselves. God has forgiven us so much who are we to withhold that same forgiveness from others regardless of whether or not they deserve it.

## merciful

God has every right to punish us for all we have done against Him, yet He extends mercy to us in His forgiveness of all of our sin. We may feel justified in our anger, but God still calls us to be merciful to others as He has been with us.

## GRACE

Grace is unmerited favour. We did not deserve God's forgiveness, yet He gave it freely, and he calls us to do the same whether the person deserves it or not, that is the unmerited part.

**God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So we praise God for the glorious grace he has poured out on us who belong to his dear Son. He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. He has showered his kindness on us, along with all wisdom and understanding. God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan. Ephesians 1:5-**

## unconditional

God did not place any conditions on the forgiveness He gives to us, we need to offer forgiveness to others no conditions, no strings attached, nothing they need to do to earn it, we need to give it freely.

## COURAGE

Forgiveness is not easy. The more severe the harm the harder it is for us to forgive. It will take courage to let go of the pain, the anger and the offense.

## attitude

How much easier would it be to forgive if it was your attitude? Jesus called the disciples to forgive 70x7 times. This fosters a forgiving attitude which makes it easier to do the more you embrace it.

## KIND

Forgiveness is kindness towards those who have harmed us.

**Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.  
Ephesians 4:31-32**

## responsibility

God has placed the responsibility on us to forgive others as He has forgiven us.

***Forgiveness is not a feeling, it's a decision we make because we want to do what's right before God. It's a quality decision that won't be easy and it may take time to get through the process, depending on the severity of the offense. - Joyce Meyers***

## COMPASSION

Jesus has compassions for us and because of that compassion He faced the cross to forgive us of every sin. How deep must His love run for us?

*One forgives to the degree that one loves. - Francois de La Rochefoucauld*

## tenderness

When we forgive it causes our hearts to stay tender. Tender towards God, ourselves and others.

## HEALING

When we harbour anger, pain and offense it festers and grows behind the scenes, like an untended injury. If left long enough that injury will become infected and it takes a lot to heal it. The path to healing from these internal wounds is through forgiveness.

## progress

One of the most common ways for people to get stuck is by not forgiving others. We think they don't deserve it, or we think it is letting them get away with what they have done. In reality you cannot progress until you forgive. You will be chained to the pain until you do.

## FORWARDS

When you are holding anger, offense or resentment towards others, it constantly draws your attention back to the event that triggered that pain. You will struggle to look forward let alone go forward while holding onto it.

## genuine

It is easy to say you forgive someone, it is a lot harder to do it. When you can genuinely forgive it is when you will experience true freedom.

## PEACE

Being a person that is quick to forgive allows you to be a person of peace to others. People can confide in you and bring things to you knowing that you are a place of peace for them.

## sincere

You need to be sincere when you forgive. If you bring up that offense to that person down the road then have you truly forgiven them or are you keeping the record of their wrongs to remind them of later.

# FUTURE

In order to move forward into the future and not be stuck in the past you need to forgive and cut all ties to every offense.

## let go

This may seem obvious, but is it? We hold onto pain, offense and anger like they are trophies many times and we never want to let them go. The longer we hold onto these resentments the more we become imprisoned to it. We shackle ourselves with each offense, each harm, each slight until we can't move under the weight of it all.

We may want to forgive, but it is only when we can truly let it all go, no expectation of payment, no waiting for them to earn it, no conditions whatsoever, that we will be free! Free to move forward into what God has for us, free to experience our lives to the fullest, free of the past ready to embrace the future.

Today, are you ready to forgive those who have harmed you?

## Activation

### **WHO DO YOU NEED TO FORGIVE?**

Take a few minutes to think about someone in your life who you need to forgive? Have you forgiven them fully or only partly? Is there a deeper level of forgiveness God is calling you to?

You may have let go of the negative emotions towards the person but do you still expect something from them to let go of the impact their harm had on your life? Or maybe you do not expect something from them, but every time you think of them you are filled with pain anger or offense? Or maybe you have kept a long record of the wrongs this person has done against you, is it time to let it go? Use the next page to explore this further.

# Journal

# Additional Scriptures on Forgiveness

Psalm 85:2

Psalm 103:12

Psalm 32:1-2

Psalm 34:22

Psalm 51:7

Psalm 65:3

Psalm 103:8

Psalm 130:3-4

Psalm 130:7-8

Psalm 145:8

Proverbs 20:22

2 Corinthians 5:17

1 John 2:1

1 John 1:7

1 John 1:9

1 John 2:12-14

Isaiah 43:25

Isaiah 43:18

Isaiah 55:7

Isaiah 1:18

Isaiah 57:15-16

Isaiah 66:2

Colossians 3:13

Colossians 2:13

Colossians 1:13-14

Hebrews 8:12

Hebrews 10:30

Hebrews 10:15-18

Mark 11:25-26

Jeremiah 33:8

Jeremiah 31:33-34

Matthew 6:14-15

Matthew 18:21-22

Matthew 5:44-45

Matthew 5:10-12

Matthew 26:26-28

Luke 17:3-4

Luke 6:35-38

1 Peter 3:9-10

1 Peter 2:19-23

1 Peter 4:12-14

Philippians 3:13-14

Romans 12:21

Romans 12:20

Romans 8:1-2

2 Chronicles 7:14

Joel 2:13

Micah 7:8-9

Micah 7:18-19

Acts 2:38-39

James 5:13-16



What aspects of forgiveness do you struggle with the most? Why?

What aspects of forgiveness do you struggle with the least? Why?

Which aspects would you like to implement and why?

What can you do practically this week to begin implementing this new aspect of forgiveness in your life?

Who is God asking you to forgive and what steps will you take toward forgiving them?

# 3 Keys to Remember

- 01 THERE ARE 2 LEVELS OF FORGIVENESS, ONE IS FORGIVING THE PERSON, THE OTHER IS LETTING IT GO REGARDLESS OF THE IMPACT AND AFTERMATH IT HAS HAD ON YOUR LIFE.
- 02 FORGIVENESS IS ABOUT SETTING YOURSELF FREE FROM THE PRISON BUILT OUT OF ANGER, OFFENCE AND PAIN.
- 03 WE ARE HUMAN AND AS A RESULT OUR MINDS KEEPS TRACK OF THE WRONGS DONE AGAINST US, WE NEED TO LET GO AND CANCEL THEIR DEBT TO BE COMPLETELY FREE OF THE HOLD IT WOULD HAVE ON US.

"To forgive is to set a prisoner free and discover that the prisoner was you."

~ Lewis B. Smedes

## Contact Information

For Support, Mentorship and Resources

### EMAIL ADDRESS

[info@nosafoundation.com](mailto:info@nosafoundation.com)

### WEBSITE

[nosafoundation.com](http://nosafoundation.com)



## FTL Model Freedom Prayers

\*\*\*The freedom part starts with you as a Sozo team member....be free to pray from your heart; these prayers are guidelines.

**Pray from a place of relationship:** these steps are ideally done while in the safe place of encounter and strong connection with God.

### **FORGIVING OTHERS; CANCEL THE DEBT AND BLESS**

Father God, I choose to forgive \_\_\_\_\_ (person/people) for \_\_\_\_\_ (list offense/s, saying each one as Holy Spirit brings them to mind/heart). There is nothing they can do to repay me for what was done to me. I let go of all expectations I have towards them and accept the loss. They do not owe me anything, not even an apology. I release all of the pain I experience to You right now Father God (take time to give it to Him). Thank You God for taking the pain. I release \_\_\_\_\_ (person/people). In the name of Jesus I bless \_\_\_\_\_.

### **RENOUCE BITTER ROOT JUDGEMENTS:**

Father God, on behalf of myself and my family line, I repent and renounce how I have bitterly judged \_\_\_\_\_ (people/persons) for \_\_\_\_\_ (specific offenses), even if my perceptions and experiences were true. Father God, I ask You to cut the root of these judgments out of and off of my life. I also ask You to restore everything that has been lost by both of us as a result of my bitter judgments.

### **BREAK OFF UNHEALTHY SOUL TIES**

Father, I ask You to break off all unhealthy soul ties between me and \_\_\_\_\_. I send back to \_\_\_\_\_ the things that are his/hers, and I take back the things that are mine, washed in the blood of Jesus. Thank You for making me whole!

### **RENOUCE AND BREAK THE POWER OF NEGATIVE WORDS/CURSES:**

Father God, on behalf of myself and my family line, I renounce and break agreement with all negative words/curses spoken over me/us, or by me/us. I break all the power of these negative words/curses and cancel all of the assignments they were sent to carry out. In the Name of Jesus Christ I also I speak words of blessing over those I have spoken negatively about in the past and I speak blessing over myself too. (Speak words of blessing and bless their spirit).

### **RENOUCE NEGATIVE EXPECTATIONS:**

Father God, I repent and renounce of how I have bitterly judged my life as being \_\_\_\_\_ (bad, hopeless, depressing, fearful etc.). I declare the truth that life is \_\_\_\_\_ (good, joyful, fun, exciting, blessed etc.).

**RENOUNCE LIES**

Father God on behalf of myself and my family line, I repent of, renounce and break agreement with the lie that \_\_\_\_\_(specifics). The truth is \_\_\_\_\_(speak the truth as Holy Spirit leads). I choose, with Your help, Holy Spirit, to only agree and partner with the truth from now on.

**RENOUNCE UNLOVING VOWS**

Father God, on behalf of myself and my family line, I repent for and renounce the vow that \_\_\_\_\_ (example – I will never be like so-and-so). Instead of relying on my own strength, I take a stand that by Your grace I will \_\_\_\_\_ (be free, loved, etc).

**RENOUNCE IMPROPER SEXUAL RELATIONSHIP**

Father God, I ask You to forgive and cleanse me from the sin of sexual contact outside of marriage. I ask You to break off all unhealthy soul ties between me and \_\_\_\_\_. I send back to \_\_\_\_\_ the things that are his/hers, and I take back the things that are mine, washed in the blood of Jesus. Thank You for making me whole!

**RENOUNCING SINS AND SIN PATTERNS (Anything not already covered in the above prayers)**

Father God, I renounce and ask forgiveness (on behalf of myself and my family line), for participating with \_\_\_\_\_ (list sins and sin patterns). I receive Your forgiveness and cleansing (for me and on behalf of my family line) and I take a stand in the Spirit that with Your help, I/we will no longer participate with \_\_\_\_\_. Please help me/us to recognize the next opportunity to do things differently. I/we want to do things Your way. Thank you for helping me/us to walk this out.

**CAST OUT EVIL SPIRITS**

In the name of Jesus Christ I cast out every spirit of \_\_\_\_\_ (fear, depression, anger, lies etc.). You must leave now. You may not hide. You may not stay. You must leave me and go to the foot of the cross where Jesus will deal with you. You may not pass your assignment on to any other unclean spirit and you may not return.

**REPLACE EVERYTHING WITH GOD'S HOLY SPIRIT**

Holy Spirit I ask You to come and fill every place inside of me that has been vacated and cleansed. Thank You for a fuller measure of Your Spirit, Your truth, Your love, Your power and Your ways. I receive it all by faith in Jesus Christ!