

## Bible Study Series: I Found Freedom

An essential part of the ministry of Jesus, is the ministry of liberation.

**John 8:36 (NIV)** So if the Son sets you free, you will be free indeed.

Why is freedom such a central part of the message and ministry of Jesus? Because experiencing life as God intended doesn't require perfection, but it does require freedom.

### Emotional Freedom

- Emotions are indicators, not dictators. Emotional freedom comes from Inner Healing
  - Psalm 147:3
  - Jeremiah 17:9
- The first step to inner healing is forgiveness.
  - This is the only way to stop the person who hurt you from continuing to hurt you, because forgiveness is the gift that you give to yourself!
  - Forgiveness gives you freedom for the future.

### **Here is what forgiveness is not:**

Forgiveness does NOT mean you excuse the behavior of the person.

Forgiveness does NOT mean you have to reconcile the relationship.

Forgiveness does NOT mean that you allow someone to continue in dysfunctional behavior.

Forgiveness does NOT mean that you live without boundaries.

Forgiveness does NOT mean to forget.

Forgiveness means to **release the offender**.

Because God has forgiven me, I'm going to forgive others. It is important to know that the person who hurt you can't heal you. This is why we must release them (write off as bad debt) what they did so God can heal you from the hurt you experienced for their offense.

### **SAY This: It May not Be my fault, but it is my responsibility**

### **What does God's word say about FORGIVENESS?**

Forgiving others is an important part of the healing process. When someone's actions have hurt us, we release them to God through forgiveness.

- Ephesians 4:32
- Matthew 6:12
- Colossians 3:13
- Luke 6:37