

Help out of ...The Hole of No Hope, pt 15**Author:** Tom L. Sooter

- I. How do you change bitterness to forgiveness
 - A. "I forgive you and I don't want to get E_____."
 - B. "I forgive you and I'll accept the P_____, hurt and consequences of your sin against me."
- II. How are we to respond to a reality check?
 - A. It [the event] really did H_____.
 - B. It cannot be C_____.
- III. Forgiveness is for Y_____, not for the one who hurt you!
- IV. Forgiveness is agreeing to live in reality with the unchangeable consequences of another's S_____ against you.
- V. What are the two responses that we most frequently see during a crisis?
 - A. A_____
 - B. D_____
- VI. Hurt people; H_____ people!
- VII. Offences can spread like Cancer.
 - A. The Bible recommends surgery to keep the cancer of bitterness from spreading.
 - B. B_____ is a killer.
 - C. F_____ is the healing medicine.
- VIII. Matthew 18:34 is a commandment with consequence, if we, from our heart, R_____ to obey and forgive.
- IX. Our Christian mandate is to "f_____" and "f_____" those who hurt us.
- X. At the heart of every root of bitterness are feelings against G_____.
- XI. What is means of getting out of the hole of no hope?
 - A. Accept what you cannot change
 - B. Change Bitterness to Forgiveness
 - C. T_____ God's will
- XII. [SAMPLE Prayer] "Lord I choose to forgive (Name the person) for (Name the offence). I forgive them and I don't want to get even. I am taking them off my hook of getting even and putting them on Your hook. Also, I forgive them and I will accept the pain, and the hurt and the consequences of their sin against me."