

Wildwood Baptist Church

June 23, 2013 ~ Pastor Steve Coleman

“Letting Go”

Am I Bitter?

Do I truly experience **peace** and **joy** in my walk with God?

Does the thought of certain people, certain places, certain objects, or certain sounds bring about **anxiety** or **anger** in me?

Do I believe that there are people in my life who are standing in the way of my **joy**?

Do I believe that the hurts I have put to rest and the broken relationships I have mended **won't last**?

Do I find myself continually acting on feelings of “not-so **righteous anger**”?

Hebrews 12: 14-15; Matthew 18: 23-35; Ephesians 4: 31-5: 2

Unpacking the Wounds

I. Identify

- A. Identify the **bitterness**.
- B. Identify the **hurt**.

II Corinthians 1: 3-4

II. Forgive

- A. Forgive the **offender**.
- B. Forgive **yourself**.

III. Change

- A. Change the way you **pray** about the hurt.
- B. Change the way you **think** about the offender.

To forgive is to be free.



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