



FORGIVENESS – THE KEY TO FREEDOM

During your upcoming sozo, it is very important you prepare your heart to forgive those who have wronged you.

- Most people do not understand what forgiveness is and they have a hard time forgiving those who have deeply wounded and hurt them.
- They will say: “Well it wasn’t fair” “It wasn’t right” ...

Or say: “how can I forgive, they do not deserve it.”

If these responses sound familiar, and express how you feel, you should know that:

- Forgiveness does not mean that what they did to you was right.
- Forgiveness does not mean that they “get off free”.
- Forgiveness does not mean you give up all your rights.

Unforgiveness:

- Does not hurt the one who harmed you.
- It hurts only you.
- Binds you in a prison of torment.
- Often causes you to have bitterness, hatred and anger.
- Blocks the fullness of God in your life.

Extending forgiveness does the following wonderful things:

- You get to step out of the way and let God have a direct line to that person.
- It means you are relieved of the burden you have been carrying.
- It frees you from a prison of torment.
- It closes a door which allows the enemy to have access to you.
- It allows you to say:

1. “I choose to give grace”
 2. “I choose to release the person into God’s hands”
- “I am not going to be their judge”

Take a few moments to reflect on the following scriptures:

Matthew 6:14-15 *“For if you forgive men when they sin against you, your heavenly Father will forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”*

Matthew 18:21-35 *This is the story of the servant, who would not forgive. After he was forgiven much...The master tells him, “Shouldn’t you have had mercy on your fellow servant just as I had on you? In anger his*

master turned him over to the jailers (tormentors) to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.”(v.33-35)

Luke 6:37 *“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.”*

Forgiveness is a command from the Lord.

Because Jesus freely forgives us for all our sins, we must also freely forgive.

Things to consider

- It's always best that your child wants to come and have a Sozo.
- A parent needs to have a Sozo first before their child's application.
- The Interview is the 1st appointment so that we get to know the child. Then 2 other appointments which will be the ministry time anything from 15minutes to 1 ½ hrs depending on the age of the child/teenager.
- If the child is too young to participate the parent will be interacting on behalf of their child in the session.
- We allow the child to decide if they want their parent present in the Sozo or not. (It's often helpful for the parent to actually leave the room when the child is going through forgiving their parents.)
- Aftercare: The parent will have to help their child to walk through the issues that might present themselves and affirm the truth that was shown in their Sozo session.

Explanation of Forgiveness

FORGIVENESS IS NOT:

- Forgiveness doesn't have to be an emotion/or feeling
- Forgiveness doesn't mean forgive and forget
- Forgiveness doesn't make them right and you wrong
- Forgiveness doesn't mean they get to do it again
- Forgiveness doesn't mean you have to like them
- Forgiveness doesn't mean you have to be friends
- Forgiveness doesn't mean I can't feel sad or angry about what happened to me, and I have to be happy now

God commanded us in Matthew Chapter 18 to forgive. Tell your child/children God wants to heal you, but as long as you hold onto that hurt, He can't come in and heal you. You have to forgive so that you can get healed.

Forgiveness is a choice, not an emotion or feeling, which means that you can be really mad and still choose to forgive.

Matthew 18. Peter comes to Jesus and asks Him “How many times do I have to forgive my brother? Seven times?” Jesus says “Not seven times, but seventy times seven.” That's 490 times for the same thing.

Sometimes when you have been really hurt, you start forgiving someone by saying. “I choose to forgive.”