



# 50 DAYS OF Freedom

## WEEK 5: WOUNDS OF THE PAST

### FREEDOM FROM UNFORGIVENESS AND ANGER

This worksheet will help you become aware of the strongholds rooted in unforgiveness and anger in your life. Set aside the time to read through it and check the boxes that apply to you. Make sure to do this thoroughly and honestly as this will help you to reflect for yourself and connect with strongholds mentioned in previous weeks (fear and passivity) and the wounds of your past. Finally, respond with the next steps to find freedom from unforgiveness and anger and share with your LIFE Group for accountability.

#### WHAT IS UNFORGIVENESS AND ANGER?

One of the most powerful weapons of the enemy against mankind is **unforgiveness and anger**. We live with unhealed wounds as a result of them. It leads to bitterness, as well as deep emotional and spiritual damage.

Paul warns that bitterness is like a root. The longer it grows, the more difficult it is to dig out. Hebrews 12:15 states that a root of bitterness left to grow brings defilement "to the many". The root will produce the fruit of anger, ungratefulness, a critical attitude, insensitivity towards others, revenge, mistrust and depression.

Hence, there is danger of harboring bitterness, which leads the enemy to easily build strongholds that control us. Also, this lays foundations for destructive behavioral patterns as self-protection and self-preservation.

#### RELEASING A DEBT AND THE GRACE OF FORGIVENESS

Forgiveness is necessary when we have been violated in one way or another, especially our wounds from the past. There is a debt to pay before reconciliation or restoration can take place. The debt might be emotional, relational, financial or physical; it might be the result of a betrayal, or related to our reputation.

In order to forgive, we will **not** expect the offender (or the offending situation) to settle the debt: **We are willing to pay the cost**. This is exactly what Jesus did when He released us from having to pay the debt for the sins and violations we commit against Him.

The grace of forgiveness streams from God's own heart and is based on a love that is not from this world. Forgiveness is a choice, not a feeling. In Matthew 6:14-15, Jesus said that if we will not forgive others, God will not forgive us. We are to forgive and release the offender(s) and the offense(s) to God, who alone is the ultimate judge for all of us.

#### CHECK ALL THE BOXES THAT APPLY TO YOU:

- I find myself holding grudges.
- I retreat into isolation from others.
- I erupt in anger, or I boil inside.
- I think of ways to get even with others who have hurt me.
- I bury the wrongs done to me without really addressing them.
- I carry bitterness and anger against those who have offended me or wilfully wronged me.
- Instead of stating the truth, I make excuses for those who have hurt or wronged me.
- I often feel sorry for myself.
- On occasion, I think I'm some kind of martyr.
- I feel like nobody has had it as bad as me.
- When I get around someone who has hurt me I want to completely ignore them.
- I am angry with God for allowing bad things to happen to me.
- I act like nothing happened instead of confronting issues that have hurt me.
- I do not believe I can change the way I am.
- I often let others do what I could do myself.
- I feel relatively happy, and then I am struck with a sudden mood change.
- I raise my voice (and even yell) to communicate something I am emphatic about.
- I have an expressed impatience with others that often plays out in exasperation. "Why can't they understand?"
- I often anticipate another person's predictable behaviour, and I become angry when I see it fulfilled.
- I become angry when others "cannot read my mind." I want others to think just like I think, and to anticipate what I need.
- I insulate and protect myself behind a wall of defensiveness.

- I just cannot forgive (usually means I *will* not forgive).
- I become angry when I feel disrespected or when my words are not taken seriously.
- I know I am angry because of the language inside my head (cursing of myself or others).
- I know I am angry when I do not want to hear what another person has to say.
- I get angry when others do not make me a priority.
- I get angry when I do not have what I need.
- I get angry when people do not do what I say.
- I get angry when I cannot control a given situation.
- I get angry about suggestions that I have done something wrong.
- I get angry when I feel added pressure at work, with finances, with personal responsibilities, and/or my or others' expectations
- I easily become defensive about myself and about others.
- I say I have forgiven, but I continue to reprocess those subjects in my mind.
- I become impatient easily.

- I do not trust others.
- I become angry when I am not recognized for my contribution.
- I quickly see faults in others.
- I look for opportunities to bring up old, hurtful subjects.
- I speak negatively or critically of others.
- The phrase "I don't deserve this" goes through my head frequently.
- I get frustrated about the perceived faults and mistakes of others.

### How do I know if I have a grudge with a person?

- I cannot get over my past. I have fake conversations with them in my head.
- I avoid them at all costs, or when I do see them I wish I could hide.
- I compare myself to them. I dismiss them.
- I am constantly looking for ammunition to gossip about this person's life. They did it to me; now I get to do it to them!

Check all the boxes that apply and add your thoughts as needed. This helps you discover how to extend forgiveness to your parents, siblings / friends / others and partners / ex-partners.

	FATHER	MOTHER
<b>Exasperation:</b> Overuse of, or a faulty form of, discipline that left you crushed in spirit or confused about what you did wrong.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Control / Manipulation:</b> Did he / she use guilt to get you to obey them? Did he / she emotionally manipulate you?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Absence of spiritual leadership:</b> Did he / she stand watch over the spiritual condition of the home? Check if no.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Neglect:</b> Did he / she spend time with you on a consistent basis? Check if no.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Abandonment:</b> Were you left alone or left in the care of people other than your parents on a consistent basis?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rejection:</b> Did your parents want you as a child? Were you accepted by them? Check if no.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Passivity:</b> Did your father / mother lead the home? Did he / she initiate? Did he / she allow each other to do what the Lord expected of them? Check if no.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Criticism:</b> Was he / she critical of you, your abilities, interests, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Performance-based acceptance and love:</b> Were you rewarded with words of encouragement only when you measured up to what your father / mother expected of you?	<input type="checkbox"/>	<input type="checkbox"/>

	FATHER	MOTHER
<b>Alcohol abuse</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Drug use.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pornography.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Adultery.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Divorce.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Physical abuse.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Emotional abuse.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sexual abuse.</b>	<input type="checkbox"/>	<input type="checkbox"/>

The following sins of omission are things that your father or mother did not do. Often these sins are more damaging than sins of commission.

<b>Withheld affection.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Withheld blessing.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Withheld words of encouragement.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Withheld discipline.</b>	<input type="checkbox"/>	<input type="checkbox"/>

These areas may lead to a great deal of hurt and bitterness:

<b>Were your siblings treated in a way that left you bitter?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Did the way one parent treat the other left you bitter?</b>	<input type="checkbox"/>	<input type="checkbox"/>

**SIBLINGS      FRIENDS      OTHERS (FILL IN THE BLANKS E.G. AUTHORITIES/LEADERS/SUBORDINATES)**

<b>Rejection:</b> Did you ever feel out of place with him / her? Did you not feel heard or accepted by him / her?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Jealousy:</b> Did you wish to have traits / things that he / she has?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Competition:</b> Did you think lowly of yourself compared to him / her? Did you find yourself doing more to feel enough?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Betrayal:</b> Did you trust him/her? Did you have unresolved bitterness because of something he/she has done?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Control/Manipulation:</b> Did you find yourself just following him/her? Did he / she use guilt to control you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

**PARTNERS/EX-PARTNERS**

<b>Unfaithfulness/Betrayal</b>	<input type="checkbox"/>
<b>Control/Manipulation</b>	<input type="checkbox"/>
<b>Absence of spiritual leadership</b>	<input type="checkbox"/>
<b>Neglect</b>	<input type="checkbox"/>
<b>Abandonment</b>	<input type="checkbox"/>
<b>Rejection</b>	<input type="checkbox"/>
<b>Passivity</b>	<input type="checkbox"/>
<b>Criticism</b>	<input type="checkbox"/>
<b>Performance-based acceptance and love</b>	<input type="checkbox"/>
<b>Lies</b>	<input type="checkbox"/>
<b>Alcohol abuse</b>	<input type="checkbox"/>
<b>Drug use</b>	<input type="checkbox"/>
<b>Pornography</b>	<input type="checkbox"/>

**PARTNERS/EX-PARTNERS**

<b>Adultery</b>	<input type="checkbox"/>
<b>Divorce</b>	<input type="checkbox"/>
<b>Physical abuse</b>	<input type="checkbox"/>
<b>Emotional abuse</b>	<input type="checkbox"/>
<b>Sexual abuse</b>	<input type="checkbox"/>

*The following sins of omission are things that your partners / ex-partners did not do. Often these sins are more damaging than sins of commission.*

<b>Withheld affection.</b>	<input type="checkbox"/>
<b>Withheld blessing.</b>	<input type="checkbox"/>
<b>Withheld words of encouragement.</b>	<input type="checkbox"/>
<b>Withheld discipline.</b>	<input type="checkbox"/>

**Are there any other specific instances the Lord brings to your mind?**

## WALKING IN THE OPPOSITE SPIRIT

The items checked on the preceding list must be brought to the cross. Sample prayers for each category of people are provided below to help guide you through the process. James 5:16 states that as you confess your sin to one another you will be healed. It is essential to have a witness supporting you as you walk through these prayers.

### PRAYER FOR YOUR PARENTS / PARTNERS

#### CONFESS

**LORD JESUS, I FORGIVE MY** ..... **(Father / Mother / (Ex-) Partner)** for the sin of ..... *(say here all of the sins for which you need to forgive your him / her and go through it all at one time.)* Lord Jesus I ask you to forgive me for the sin of unforgiveness toward my him / her for these sins. Forgive me for bitterness, resentment, and anger toward him / her. I ask your forgiveness for rebellion against my him / her, and I now break all curses, negative thoughts, and slander I have spoken against him.

#### RENOUNCE

**JESUS, I RENOUNCE** a life of anger, bitterness, and unforgiveness. I renounce the right to take offense. I give up my right to see justice. I give you my relationship with my him / her; it is in your hands now. I am not responsible for things that only you can do. I cut that cord now! I rebuke the spirits of: **rejection, anger, unforgiveness, sickness, abandonment, bitterness, division, control.**

#### DECLARE

**JESUS, I NOW PRAY A BLESSING ON MY FATHER / MOTHER / (EX-) PARTNER.**

I pray that you will:

- |                                                                                                                            |                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> bless him / her with salvation                                                                    | • I declare that I love my father / mother / (ex-) partner.                                                                                                             |
| <input type="checkbox"/> bless her with the same freedom I have found today.                                               | • I declare that he / she is your child.                                                                                                                                |
| <input type="checkbox"/> bless him / her with a new and soft heart.                                                        | • I look at him / her through your eyes and see his / her hurt and his / her pain.                                                                                      |
| <input type="checkbox"/> bless his / her marriage.                                                                         | • I ask in faith that you would pour your Spirit on him / her. Do it now, Lord! My chains are broken and I stand free before you. Thank you for the power of the cross. |
| <input type="checkbox"/> bless his / her finances and work.                                                                |                                                                                                                                                                         |
| <input type="checkbox"/> bless him / her with joy, peace, kindness, love and all the fruits of the Spirit (Galatians 5:22) |                                                                                                                                                                         |
| <input type="checkbox"/> bless her with freedom from condemnation and shame. Heal her wounds.                              |                                                                                                                                                                         |
| <input type="checkbox"/> bless her with a long life and great health.                                                      |                                                                                                                                                                         |
| <input type="checkbox"/> bless her with freedom from all of the schemes and plans of Satan                                 |                                                                                                                                                                         |

### PRAYER FOR YOUR SIBLINGS / FRIENDS

#### CONFESS

**LORD JESUS, I FORGIVE** ..... for the sin of rejection and betrayal (or other things that come to mind). I ask your forgiveness now for how I treated them (confess whatever sins the Lord brings to your attention). I ask your forgiveness now for all unforgiveness I held toward them, and for all anger and resentment. I cut all soul ties by the blood of Jesus. By the blood of Jesus Christ I break all words that are cursed instead of blessed.

#### RENOUNCE

**LORD JESUS, I NOW RENOUNCE** a life of anger, bitterness and unforgiveness. I renounce the right to take offense. I give up my right to see justice. I give you these relationships, and they are in your hands now. I am not responsible for things only you can do. I cut that cord now. Satan I rebuke you and the spirits of: **rejection, anger, unforgiveness, sickness, abandonment, bitterness, division, control.**

#### DECLARE

**JESUS, I NOW BLESS THEM WITH:**

- |                                                                                 |                                                        |
|---------------------------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Salvation.                                             | <input type="checkbox"/> Complete freedom.             |
| <input type="checkbox"/> Filling of your Holy Spirit.                           | <input type="checkbox"/> Healthy friendships.          |
| <input type="checkbox"/> Unconditional love in a rich marriage and family life. | <input type="checkbox"/> Financial provision.          |
|                                                                                 | <input type="checkbox"/> A wonderful church to attend. |