

Scripture Reference:

- 1 Corinthians 2: 30
God alone made it possible for you to be in Christ Jesus. For our benefit God made Christ to be wisdom itself. He is the one who made us acceptable to God. He made us **pure and holy**, and he gave himself to purchase our **freedom**.
- Isaiah 48: 17b-18
I am the Lord your God, who teaches you what is good and leads you along the paths you should follow. Oh, that you had listened to my commands! Then you would have had **peace** flowing like a gentle river and **righteousness** rolling like waves
- 1 Thessalonians 5: 23-24
Now may the God of peace make you holy in every way, and may your whole **spirit and soul and body** be kept blameless until that day when our Lord Jesus Christ comes again. God, who calls you is faithful; he will do this.

Forgiveness:

Forgiveness for others:

- Mark 11: 25
But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.

Forgiveness for yourself:

- Acts 3: 19, 20a
Now turn from your sins and turn to God, so you can be cleansed of your sins. Then wonderful times of refreshment will come from the presence of the Lord...

Barriers to Wholeness: Forgive and let go

Unforgiveness can impact how we relate to, see, and expect love from Father God, Jesus, and Holy Spirit.

To forgive someone isn't saying that what they did to you was okay or justified. Instead it's releasing them from your judgement, giving them to God, wanting God's best for them, and allowing God to start healing your heart.

Father God:

Your **body** is God's temple.

Earthly Father

(+) Keeps you safe when scared, provides for you, helps establish your identity/value

(+) Helps establish who you are as a son or daughter

(-) Neglect/absent, too busy, trust, fear, inadequacy, affection

Common lies about God b/c of past hurts:

- Lie: God is distant and cold
⇒ Truth: God protects, values, and love you
- Lie: God doesn't show affection to me
⇒ Truth: He is proud of you

Prayer:

Forgive earthly father for...

Are there any lies I am believing about you?

Renounce lies about Father God

What is the truth about you, Father God?

What do you think of me, Father God?

Jesus:

You have a renewed **mind** in Jesus.

Siblings/Friends

(+) Friendships, social interactions, rapport, trust/vulnerability

(-) How friends reacted to you, violated your trust/vulnerability/confidence, strive for approval/acceptance

(-) Not understood, not included, last choice, unnoticed

Common lies about Jesus b/c of past hurts:

- Lie: I need to prove my worth to get noticed by Jesus
⇒ Truth: His love & salvation is a gift
- Lie: I better not share my secrets/feelings, I don't know how Jesus will react
⇒ Truth: He knows your deepest secrets and openly accepts us

Prayer:

Forgive earthly friend/siblings for...

Are there any lies I am believing about you?

Renounce lies about Jesus

What is the truth about you, Jesus?

What do you think of me, Jesus?

Holy Spirit:

Your **spirit** is alive in Christ Jesus.

Earthly Mother

(+) Protection when hurt, comfort/nurture, instructor (answers all your "why" questions)

(-) Neglect/absent, too busy, controlling, not pleased with your opinion/decisions, can't measure up

Common lies about Holy Spirit b/c of past hurts:

- Lie: Holy Spirit is too busy to spend time with me
⇒ Truth: He is always hear for us
- Lie: If we ask Holy Spirit about something, He will just tell me what to do. So, I better not to ask.
⇒ Truth: Holy Spirit wants a relationship with us, he doesn't control us, he gives us choice to follow
- Lie: Holy Spirit asks us to do something, we think we can't do it because we can't please or may disappoint him.
⇒ Truth: There is nothing we can do to make Him love us more

Prayer:

Forgive mom for...

Are there any lies I am believing about you?

Renounce lies about Holy Spirit

What is the truth about you, Holy Spirit?

What do you think of me, Holy Spirit?

Ourselves:

Sometimes it's easier to forgive others than it is ourselves. Once we've addressed any issues with trust, vulnerability, and acceptance, it's easier for us to accept how God, Jesus, and Holy Spirit truly see us.

By allowing yourself to be forgiven, you are saying that you are willing to place your trust in God and believe that he can cleanse you and handle all your past sins. It's also about giving up your control and giving that control to God.

Prayer:

Forgive myself for...

Are there any lies I am believing about myself?

Renounce lie that I am...

What is the truth about me?

Fear, Hatred, Sexual Sin (or Shame):

These things rob us of our peace and our full potential in Jesus.

- Fear/Anxiety:
- Hatred/Envy
- Sexual Sin or Shame

When we allow these things to enter our life (or are a victim of these things), a door can be opened that allows these things to have a hold on you.

Ephesians 4: 27b

...and do not give the devil a foothold.

By asking God for help in this area, through forgiveness (if applicable) and allowing him to end the hold of fear, hatred, or sexual sin (or shame), we are allowing God to put all our broken pieces back together.

These three topics (fear, hatred, and sexual sin or shame) can be heavy and painful topics. Have grace for yourself, this can be a process. As you grow in trusting God and allowing his complete acceptance and approval to become your reality, giving these things to God will start changing from feeling overwhelming to natural.

Summary:

God has given us everything we need to be whole in Him. Receiving and maintaining wholeness is a choice we get to choose every day. We get to decide if we want to live in alignment with the reality that Jesus has made possible for us. Remember it's a process, so have grace for yourself on this journey to wholeness.

Additional Verses:

Wholeness through purity and union with God

- Matthew 5:8
God blesses those whose hearts are pure, for they will see God
- Psalm 24: 3-4a
Who may climb the mountain of the Lord? Who may stand in his holy place? Only those whose hands and hearts are pure....
- Psalms 119: 9
How can a young person stay pure? By obeying your work and following its rules.
- Philippians 4:8, 9b
And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable... and the God of peace will be with you.
- James 4:8
Draw close to God, and God will draw close to you.
- James 4:6-8
He gives you more and more strength to stand against such evil desires. As the Scriptures say, "God sets himself against the proud, but he shows favor to the humble."
So humble yourselves before God. Resist the Devil, and he will flee from you. Draw close to God, and God will draw close to you. Wash your hands, you sinner; purify your hearts, you hypocrites.
- James 4: 10
When you bow down before the Lord and admit your dependence on him, he will lift you up and give you honor
- Proverbs 3: 32b (talks about the wicked in part a)
...but he offers his friendship to the godly