



FORGIVING WHAT YOU CAN'T FORGET

BIBLE STUDY EXERCISE WORKSHEETS

By Lysa TerKeurst



Throughout my forgiveness journey, one of the greatest gifts I've received has been learning more about confession and the freedom the Lord wants us to experience with it. I had never realized how it was actually such a necessary part of our process to forgive.

The daily practice of confession makes me more and more aware of how desperately I need God's grace. Then, the daily practice of forgiveness allows me to extend that same grace toward others. This shifts me from thinking only about my perspective to being mindful of God's way of processing.

CONFESSION BREAKS THE CYCLE OF CHAOS INSIDE OF ME.

FORGIVENESS BREAKS THE CYCLE OF CHAOS BETWEEN US.

Confession helps me remember I'm sometimes wrong. I'm not always right. My perspective isn't the only perspective. And it helps develop an empathy that prepares me for forgiveness.

Forgiveness then is what breaks the cycle of chaos between two people and the chain reaction of pain for the benefit of all people.

All of this is a much bigger deal than we know. And I think that's why Jesus made such an emphasis on confession and forgiveness when He taught us to pray.

SO, HOW DO WE PRACTICALLY DO THIS?

I need a way to weave this into my life, or it will never happen. Just because something is a good idea, it won't become my activity if I don't activate it personally. That's why I came up with a simple Bible study tool that helps me unpack Scripture in such a deeply personal way.

And I want to show you how to do this in your own life.



HERE'S HOW WE CAN ACTIVATE THE
PROCESS OF CONFESSION AND
FORGIVENESS ON A DAILY BASIS USING
THE WORD OF GOD AS OUR GUIDE:

**CHOOSE ONE OF THE BIBLE VERSES BELOW THAT
ADDRESSES A THEME APPLICABLE TO A RELATIONSHIP
DYNAMIC YOU'RE WORKING ON:**

*Romans 12:2, Matthew 5:8, Ephesians 4:29, Colossians 3:2, Galatians 6:1, Matthew 18:15
James 1:19–20, James 4:10, James 4:11, Luke 14:11, Ephesians 4:1–2*

Then, choose one of the empty squares in these worksheets and write that verse in the center.

On the top of the square, write the theme of this verse.

On the bottom of the square, write the opposite of the theme.

In the top space on the left side of the square, write out what God
wants us to do in response to this verse.


In the bottom space of that divided left side, write out what the enemy
wants us to do in response to this verse.



HERE'S AN EXAMPLE JUST TO GET YOU STARTED:



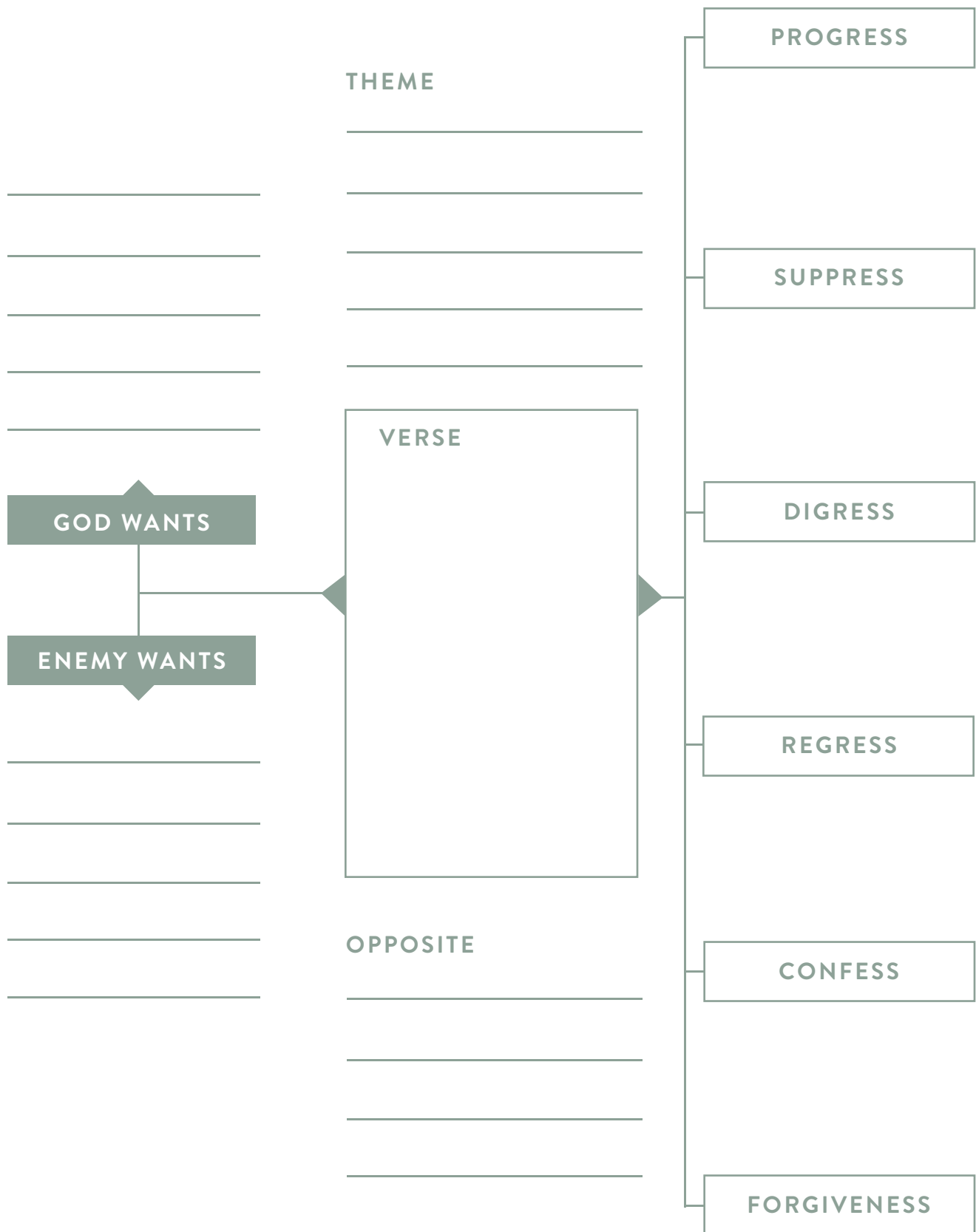
See next page for instructions on this part.



ON THE RIGHT SIDE OF THE SQUARE, JOURNAL A FEW
LINES AND THOUGHTS YOU HAVE UNDER EACH OF THE
FOLLOWING WORDS:

PROGRESS	Where am I making progress with this verse?
SUPPRESS	What is a situation where I'm feeling resistant to living this verse?
DIGRESS	Is there a situation where I'm taking steps backward with this verse?
REGRESS	Where am I living in rebellion against this verse?
CONFESS	Now, I am aware of some confessions I need to make. As I write these out, I will ask God to give me a spirit of humility in the process.
FORGIVENESS	Where is someone not living this verse with me? This is an opportunity for forgiveness. It doesn't excuse their behavior; it frees me from being hindered by unforgiveness.

What I've confessed and the forgiveness I've expressed is now changed into an area of progress. This full circle process is an amazing way to intentionally apply God's Word to situations we face on a daily basis.



		THEME		PROGRESS
				SUPPRESS
GOD WANTS		VERSE		DIGRESS
ENEMY WANTS				
				REGRESS
		OPPOSITE		CONFESS
				FORGIVENESS

	THEME	PROGRESS
GOD WANTS	VERSE	SUPPRESS
ENEMY WANTS		DIGRESS
		REGRESS
		CONFESS
		FORGIVENESS
	OPPOSITE	

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GOD WANTS	VERSE	SUPPRESS
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	THEME	PROGRESS
GOD WANTS	VERSE	SUPPRESS
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	VERSE	
GOD WANTS		
ENEMY WANTS		

	OPPOSITE	

[illegible]