



Abused Woman Ministries' Inc. School of Healing
 "Healing through recovery with God's truth"
 P.O. Box 490562
 Leesburg, FL 34749
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"Importance of Forgiveness Recovery Program" 2018

Instructor: Dr. Dorothy E. Hooks
Email: drdehooks@abusedwoman.org

Topics & Dates:

"The Importance of Forgiveness Recovery Program" - Part I

- Program Explanation & Introduction - 1A -----May 13, 2018
- Satan's Major Strongholds, Principalities, & Powers - 1B -----May 20, 2018
- The Origin of Negative Thoughts: Accusing Spirits - 1B-1-----May 20, 2018
- Characteristics of Accusing Spirits - 1B-2-----May 20, 2018
- Recap From Part 1B -----Give as Handout on 5-20-18

"The Importance of Forgiveness Recovery Program" Part II

- Conditions for Receiving Forgiveness - 2A-----May 27, 2018**
- First Condition - 2A-1-----May 27, 2018**
- Second Condition - 2A-2-----May 27, 2018**
- Recap From Part 2A-----Give as Handout on 5-27-18**

- Definition of Bitterness - 2B-----June 3, 2018
- Definition of Bitterness - 2B-1 -----June 3, 2018
- Armor of Bitterness - 2B-2 -----June 10, 2018
- Armor of Bitterness - 2B-3-----June 10, 2018
- Armor of Bitterness Chart - 2B-2-1-----June 10, 2018

Recap From Part 2B-----Give as Handout on 6-10-18



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“Importance of Forgiveness Recovery Program” 2018

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Topics & Dates:

- The Antidote for Bitterness – 2C -----June 17, 2018
- How Do We Forgive – 2C-1-----June 17, 2018
- How Do We Forgive – 2C-2 -----June 17, 2018
- The Bitterness Affidavit - 2C-2-1-----June 17, 2018
- Prayer Against Unforgiveness - 2C-2-2-----June 17, 2018
- Self-Application - 2C-2-2 -----June 17, 2018
- Recap From 2C-----Give Handout on 6-17-18 & Self-Bitterness Affidavit

“Importance of Forgiveness Recovery Program” Part III

- Self-Bitterness – 3A -----June 24, 2018
- Definition of “Self” – 3A-1-----June 24, 2018
- Explain Self-Hatred (Unloving Spirits) – 3A-2-----June 24, 2018
- Principality of Self-Bitterness – 3B-----June 24, 2018
- Armor of Self-Bitterness & Chart – 3B-1-----June 24, 2018
- Explain God’s Truth – 3C-----June 24, 2018
- Self-Bitterness Affidavit – 3C-1-----June 24, 2018
- Prayer of Release from Self-Bitterness – 3C-2-----June 24, 2018
- Handout-----Completion Certificate on 6-24-18



"Importance of Forgiveness" Program Agenda – Session 3 May 27, 2018

1. Open each session with prayer; asking God to open your understanding, as to the areas in your life which needs to be healed, and give you understanding of each session. The goal of each session is to help you to heal everywhere you need to be healed so you can become whole.

2. Discussion (30 min):

- **Conditions for Receiving Forgiveness – Part 2A:** There are two conditions that Christians must meet to receive forgiveness. **First**, we must forgive others. **Second**, we must ask God to forgive us.

- **First Condition for Receiving Forgiveness – 2A-1:**

Matthew 6:9-12 says, "9 After this manner therefore pray ye: **Our Father which art in heaven, Hallowed be Thy name. 10 Thy kingdom come. Thy will be done in earth, as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, as we forgive our debtors.**"

What is verse 12 saying? Jesus says that we are to ask the Father to forgive us our sins, when we forgive others, or in the same way we forgive those, that have sinned against us. Do you really want God to forgive you, in the same way that you forgive others? God gave us a requirement to fulfill, before He will forgive our sins. Our forgiveness is directly tied to others.

Matthew 6:14-15 makes the above statement from the Lord's Prayer, very plain: "14 **For if ye forgive men their trespasses, your heavenly Father will also forgive you: 15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.**"

This Scripture clearly show us that the manner or way that we forgive others, set the standard by which God will forgive us. If we do not forgive others of their trespasses against us, God will not forgive us our trespasses.

- **The Second Condition For Receiving Forgiveness – 2A-2:**

We must confess our sins. Once we accept Christ as our personal Lord and Savior, we are forgiven of our sins but if we continue to sin, we must confess those sins, asking God to forgive us. **I John 1:9 says, "If, we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us all unrighteousness."**



"Importance of Forgiveness" Program Agenda – Session 3 May 27, 2017

The Second Condition for Receiving Forgiveness (continued – 2A-2)

James 5:16 says, "Confess your faults one to another, and pray for one another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

What happens if we do not confess our sins and forgive ourselves? We are not forgiven and the guilt, shame, anger, regret, sadness, hatred, bitterness, etc. is still in our memory and in our lives. If we harbor unforgiveness against anyone, including against ourselves, God will not — even cannot — forgive our sins. When we do not forgive others, they are not the ones who will be suffering, we will; and not only us but everyone who is associated with us. To receive God's forgiveness and the blessing of healing, we must forgive those who have hurt us.

If you have ever forgiven someone, yet the pain of your anger or resentment persists, the bitterness is still there. The enemy does not want you to forgive because he knows that God will forgive you, when you forgive others and repent of your sins.

If you bury a root of bitterness, what does it do? It grows. Satan's demons water and fertilize it, so that it will continue to grow. Our lives become so filled with pain, that we are unable to forgive; this is Satan's favorite weapon, the inability to forgive.

We all have been hurt but we can't walk around in denial, we must truly repent to God for holding unforgiveness, against that person, walking in disobedience to His Word – He said to forgive, forgive from our hearts and ask God to uproot that root of bitterness. Otherwise, it will destroy us from the inside out.

3. Handout: Recap From Part 2A

4. If you have any questions, email me at drdehooks@abusedwoman.org

5. Close each session in prayer; asking God to continue to reveal the areas in you which needs to be healed, and the things you need to deal with.

Journey of Freedom: Pursuing Freedom From The Bondage of Traumatic Experiences



HANDOUTS

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“Importance of Forgiveness Recovery Program” Part II

Recap From Part 2A (May 27, 2018)

1. What are the two conditions that must be met to receive forgiveness? Name them and explain with Scripture references.

a. We must forgive others - **Matthew 6:9-12** - Jesus says that we are to ask the Father to forgive us our sins, when we forgive others, or in the same way we forgive those, that have sinned against us. Do you really want God to forgive you in the same way that you forgive others? God gave us a requirement to fulfill before He will forgive our sins. Our forgiveness is directly tied to others.

b. We must ask God to forgive us - **I John 1:9** - What happens if we do not confess our sins and forgive ourselves? We are not forgiven and the guilt, shame, anger, regret, sadness, hatred, bitterness, etc. is still in the memory and in our lives. If we harbor unforgiveness against anyone, including against ourselves, God will not — even cannot — forgive our sins. When we do not forgive others, they are not the one who will be suffer, we will; and not only us but everyone who is associated with us. To receive God's forgiveness and the blessing of healing, we must forgive those who have hurt us.

2. What happens if we do not confess our sins and forgive ourselves? Explain

We are not forgiven and the guilt, shame, anger, regret, sadness, hatred, bitterness, etc. is still in the memory and in our lives. If we harbor unforgiveness against anyone, including against ourselves, God will not — even cannot — forgive our sins. When we do not forgive others, they are not the ones who will be suffering, we will; and not only us but everyone who is associated with us. To receive God's forgiveness and the blessing of healing, we must forgive those who have hurt us.

3. If you bury a root of bitterness, what does it do? Explain

It grows. Satan's demons water and fertilize it, so that it will continue to grow. Our lives become so filled with pain that we are unable to forgive; this is satan's favorite weapon, the inability to forgive.