

# (Un)Hurt: The Healing Power of Forgiveness

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Webinar presented by-

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Hurt hides in the depths;  
It damages us from below.



Forgiveness removes the power of our hurts.

# (Un)Hurt

## Congratulations

Forgiveness is God's strategy for resolving hurt and shame in our life.



# (Un)Hurt

## What we will cover

Getting started with forgiveness

*(Un)Hurt: The Healing Power of Forgiveness*  
a curriculum for helping people to forgive



# (Un)Hurt

## *Basic definitions for this Webinar*

*Forgive = Forgiveness:* The decision to stop trying to collect on a moral debt.

*Repent:* The decision to be honest about one's sins, to admit them to another person, and take responsibility

*Reconcile:* To restore a broken relationship



# (Un)Hurt

*Another Bucket Has a List Too!*



The long list of  
hurts  
I have  
carried  
for  
many  
years

# (Un)Hurt

## What are some benefits?

- Jesus requires
- Peaceful relations
- Empowering leadership
- Character of God

Matthew 6:12-15

2Corinthians 2:5-11

Ephesians 4:32

Matthew 26:28



# (Un)Hurt

What motivates people to forgive?

- Personal blessing
- Heart's desire
- Freedom and Joy
- Empowering





# (Un)Hurt

What situations can be repaired?

- Unresolved (sexual) abuse
- Long-standing antagonism
- Relationship conflict
- Fear of making mistakes



# (Un)Hurt

## Whom do we forgive (examples)

- Our own self
- Immature parents
- Abusers
- Friends
- Church family



# (Un)Hurt

*How Do You Teach Forgiveness in a Church?*



**Jesus gave us  
permission  
to forgive;  
a gift that  
frees us from  
enslavement to  
our past hurts.**

# (Un)Hurt

## How Do We Get Started?

The way you forgive is the way you will be forgiven.

If one is defective, the other will be a disaster.



# (Un)Hurt

## Teaching forgiveness

- Unique: *the* cure for hurt
- Essential: required by Jesus
- Beneficial: helps every participant
- Valuable: restores people's honor
- Spiritual: to do as Jesus did



# (Un)Hurt

## What Experiences Can be Forgiven

- Preventable Hurt
- Purposeful Hurt
- Planned Hurt
- Perceptual Hurt



# (Un)Hurt

*Why bother after all these years?*

- Hurt has no time
- Shame has no limits
- Changes our past
- Rescues our futures
- You cannot love God and hate your brother



# (Un)Hurt

*Where Do You Begin?*



**Begin with the  
truth that  
Jesus is the  
only person  
in town  
offering  
freedom  
from hurt.**



# (Un)Hurt

*Don't Be Distracted by the Distractions!*

The list of the top 10,000 excuses begins with:

*I tried once.*

*I don't know if it will work.*

*It's too hard.*

*But I don't want to be their friend.*

*I don't want to!*



# (Un)Hurt

*Stay focused*

*Use curriculum*

*Equip people to forgive*



# (Un)Hurt

*A little information about (Un)Hurt*

- Origins of (Un)Hurt
- Bucket of Hurt
- My shame
- Anchor of Hope Church
- Faith Alive



# (Un)Hurt

## How to host a forgiveness workshop

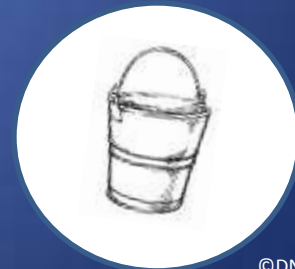
*People want to forgive*

*Prepare a structured curriculum*

*Practice every day*

*Partner with helpers*

*Present forgiveness as a blessing*



**(Un)Hurt:  
The Healing Power of Forgiveness**

**Questions & Answers**

# (Un)Hurt: The Healing Power of Forgiveness

More information-

(Un)Hurt Kit - [www.faithaliveresources.org](http://www.faithaliveresources.org)

Website - <http://www.howtoforgiveinfoursteps.com/>

Questions or workshop facilitation -  
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