(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.
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Congratulations

Forgiveness is God’s strategy for resolving hurt and shame in our life.
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What we will cover

Getting started with forgiveness

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

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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
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Another Bucket Has a List Too!

The long list of hurts I have carried for many years
What are some benefits?

- Jesus requires Matthew 6:12-15
- Peaceful relations 2Corinthians 2:5-11
- Empowering leadership Ephesians 4:32
- Character of God Matthew 26:28
What motivates people to forgive?

- Personal blessing
- Heart’s desire
- Freedom and Joy
- Empowering
What situations can be repaired?

- Unresolved (sexual) abuse
- Long-standing antagonism
- Relationship conflict
- Fear of making mistakes
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Whom do we forgive (examples)

• Our own self
• Immature parents
• Abusers
• Friends
• Church family
Jesus gave us permission to forgive; a gift that frees us from enslavement to our past hurts.
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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.
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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
What Experiences Can be Forgiven

- Preventable Hurt
- Purposeful Hurt
- Planned Hurt
- Perceptual Hurt
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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
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Where Do You Begin?

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

Use curriculum

Equip people to forgive
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A little information about (Un)Hurt

• Origins of (Un)Hurt
• Bucket of Hurt
• My shame
• Anchor of Hope Church
• Faith Alive
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
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Questions & Answers
(Un)Hurt: The Healing Power of Forgiveness

More information -

(Un)Hurt Kit - www.faithaliveresources.org
Website - http://www.howtoforgiveinfoursteps.com/

Questions or workshop facilitation - pastor@anchorofhopechurch.org