

1. A desire to retaliate/get even/seek revenge can be an incredibly \_\_\_\_\_ landmine.
2. Carrying anger, bitterness, feelings of retaliation, payback, retribution is \_\_\_\_\_ to one’s health.
3. I came across 3 quotes in my study that are powerful, challenging, and full of truth and wisdom:
  - A. “Let no man pull you low enough to hate him.” (Martin Luther King, Jr.)
  - B. “Forgive others, not because they deserve forgiveness, but because you deserve peace.” (Jonathan Lockwood Huie)
  - C. “If we really want to LOVE, we must learn how to FORGIVE.” (Mother Theresa)
4. God created us to live excellent and abundant lives, but we cannot do this if our thoughts \_\_\_\_\_ past wrongs done to us.
5. When we \_\_\_\_\_ unforgiveness to control our lives, we cannot become the people God has created us to be.
6. A \_\_\_\_\_ mind and spirit lives in chaos, not peace.  
Ephesians 4:30-32 says: “Don’t make the Holy Spirit of God (grieve) - you were sealed by Him for the day of redemption. Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.”
7. There are 3 parts to uncovering the landmine of forgiveness. Each part is the results of a godly choice:
  - A. \_\_\_\_\_ to “let go” of every feeling of resentment.
  - B. Lay down the \_\_\_\_\_ to get even.
  - C. \_\_\_\_\_ God to deal with the person who has hurt, abused, or wounded you.
8. When the brokenness of the past continues to take \_\_\_\_\_ stage in your life, you miss God’s blessings – one blessing after another.
9. You cannot go \_\_\_\_\_ IF you are only looking behind.
10. No matter what someone has done to you, no matter what has happened in your past, leave the “\_\_\_\_\_” to God.
11. God has a step-by-step plan concerning forgiveness:
  - A. Lift your head and heart \_\_\_\_\_ Him.
  - B. \_\_\_\_\_ for the person who has hurt you.

12. Thought to ponder on unforgiveness:

- A. Only God has the ability to resolve the hurt we have experienced.
- B. Satan will enjoy perpetuating unforgiveness by taunting you and me with bitter thoughts, resentment, and feelings of guilt.
- C. When we do forgive, we release the other person to God, and we step out of the “door of bondage.”
- D. There is no way to defend unforgiveness in the Bible.
- E. We may never see retribution on our behalf.
- F. Darkness and light cannot inhabit the same place. Evil actions such as anger, jealousy, envy, resentment, and unforgiveness cannot remain in the place where God abides through the presence of His Holy Spirit.
- G. We cannot hide unforgiveness and bitterness. It is going to come out one way or another.
- H. You cannot think clearly when you are fixated on getting even for what has been done to you.
- I. We cannot harbor dark feelings and live a good, healthy, godly life.
- J. The shortest distance between your sin and God’s forgiveness is the distance between your knees and the floor.