

# How to Be Free

## Get Out of God's Chair - Day 3

### *God, I release forgiveness, and receive your mercy!*

Anytime we discover an area in need of change it's easy to feel a little embarrassed or ashamed about how we got it wrong - this includes areas of unforgiveness! These feelings can be present for lots of reasons, but the result is that we end up carrying around the weight of our mistakes. If this sounds familiar, trust us...you're not alone! The good news, however, is that we DON'T have to live like this!

In *Matthew 6:12 (TPT)*, when Jesus is teaching his followers how to pray, He clearly explains how forgiveness and mercy work. He says, *"Forgive us the wrongs we have done AS we ourselves release forgiveness to those who have wronged us!"* In other words, as we release forgiveness to others, we are then able to receive mercy for OUR wrongs...this includes unforgiveness! This is later reinforced in *1 John 1:9 (TPT)* which says *"if we freely admit our sins when His light uncovers them, He will be faithful to forgive us every time."*

The bottom line is that God loves to show mercy to us. It's his deep desire that we would live every day in the complete forgiveness and mercy that Jesus provided through the Cross! But the freedom that comes from His forgiveness and mercy require that we share that same forgiveness and mercy with others. When we realize that we have withheld forgiveness, the solution is to simply release that person and forgive!

As you recognize areas where you have harbored unforgiveness, instead of feeling ashamed and carrying around that burden, you can simply pray like this, "God, I release forgiveness to this person for the pain or offense that I have felt, and I receive your mercy! Thank you that I don't have to live in the judgement seat anymore!"