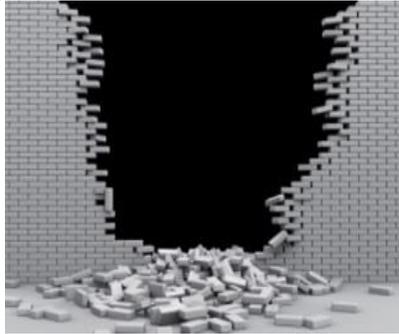


# First Nazareth Baptist Church P.E.A.C.E. Life Management Ministry



Presents

## The Forgiveness Project: It's Time to Tear Down Those Walls and



### Break the Chains!

#### Using the ACCARE Model to Move Towards Forgiveness

**Agree** with God's Word to forgive

**Commit** to the process of forgiveness

**Challenge** doubt, negative self-talk, and negative thoughts

**Apply** relevant Scripture

**Remain** focused on God, who is Bigger and more Powerful than the offense and your offender

**Expect** the Lord to move as you stand on His promises

#### God's Word Instructs Us to Forgive

- Matthew 6:12
- Matthew 6: 14-15
- Matthew 18:21-22
- Mark 11:25
- Ephesians 4:32

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## **For Your Personal and Spiritual Growth**

Who have you been unable to forgive? \_\_\_\_\_

What does forgiving \_\_\_\_\_ mean to you? For example, "If I forgive \_\_\_\_\_, then

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How does this line up with the definitions of forgiveness? \_\_\_\_\_

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What is the most difficult part about forgiving this person? \_\_\_\_\_

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What would close friends and family say that not forgiving \_\_\_\_\_ has done to you?

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How do you think you would feel if you were able to "let go of the pain"? In other words, what would moving on look and feel like for you? \_\_\_\_\_

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Can you prayerfully see yourself taking one step towards forgiving this person? If so, what would that look like using the ACCARE model? \_\_\_\_\_

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To strengthen your commitment to forgive and provide you with some support and accountability, who will you confide in regarding your agreement to move towards forgiveness, so that you can begin to experience the fullness of the Lord's presence, love, peace, and joy?

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## **Congratulations on taking your first step towards walking in the will of God!**

*"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He shall direct your paths" Proverbs 3: 5-7 NKJV*

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