

## “RELINQUISH”

### 3Rs of Forgiveness

- 1) **Relinquish**
- 2) Reconcile
- 3) Restore

**“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23-24**

**“And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.” Ephesians 4:32**

### SPIRITUAL TRUTHS REGARDING “RELINQUISH”

1. It starts by having a conversation WITH GOD FIRST, which is a vertical relationship.
2. Next, the offended party (may be YOU) has to make a choice.
  - It is the offended ones choice.
3. The goal of relinquishing hurt is: FREEDOM.
  - The goal is personal freedom.
  - **It is for freedom that Christ has set us free.** Galatians 5:1
4. After you forgive, LOVE them. You may have to love them like an enemy.
  - **But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.** Luke 6:27-28
  - This is not an emotional quality of love, we are talking about doing good to the person you have chosen to forgive.

### The practical steps for relinquishment of wrongs:

- A. Prayerfully list those you have not fully forgiven. Psalm 139:23-24. Father, mother, sister, brother, cousin, neighbor, co-worker, husband, wife, children, fellow church member and or yourself.

- B. Name by name, list the issues that need to be Relinquished: In other words tell God what they did and how it made you feel.
- C. Recognize the hurt and pain involved. By telling God about the situation and the emotional hurt that you have, it allows you to express those emotions in a healthy manner. God is the first person you need to be telling.
- D. Entrust the case of each one to God, knowing He has seen it and will judge righteously. Psalm 55:22, Romans 12:19
- E. Release any rights to Revenge.

**Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. <sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> Do not take revenge, my friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord. <sup>20</sup> On the contrary:**

**“If your enemy is hungry, feed him;  
if he is thirsty, give him something to drink.**

**In doing this, you will heap burning coals on his head.”**

**<sup>21</sup> Do not be overcome by evil, but overcome evil with good  
Romans 12:17-21**

- F. Accept the inevitable, ongoing Consequences of the wrongs. James 1:2-3
- G. Accept God’s compensating Grace which is sufficient.  
**“My grace is sufficient for you....”**2 Corinthians 12:9
- H. Document this process and declare it done.  
By documenting the fact that you chose to forgive, Satan cannot use those people, or your emotions to trip you up later. If the enemy brings it to mind again stand on the promise of James 4:7.

**Submit yourselves, then, to God. Resist the devil, and he will flee from you.**