

THE LORD'S PRAYER: PRAYER OF RELEASES

INTRODUCTION

- Twin barriers to peace of mind
 1. _____ comes from what WE DO to others.
 2. _____ comes from what others do to us.
- Two antidotes
 1. Prayer of Cleansing - receiving God's forgiveness – _____.
 2. Prayer of Release – offering God's forgiven - _____.

Matthew 6:12 (NLT) "Forgive us our sins... just as we have forgiven those who have sinned against us."

Matthew 6:12 (NIV) "Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?'"

- 90% of all resentment begins in the _____.

Matthew 18:22 (NIV) "Jesus answered, '... not seven times, but 77 times.'"

Matthew 18:23 (NIV) "Therefore the King of heaven is like a king who wanted to settle accounts with his servant. As he began the settlement, a man who owed him ten thousand talents was brought to him."

TWO REASONS I MUST LEARN TO RELEASE THOSE WHO HURT ME

1. BECAUSE _____ HAS FORGIVEN ME

Romans 8:1 (NIV) "There is no condemnation for those in Christ Jesus."

- Key point: God expects you do to _____ what He has done to _____.
- The servant's reaction is key: when we feel _____ we tend to be
- _____.
- When someone is _____, they are themselves trying to earn God's grace.

Ephesians 5:32 (NIV) "Be kind and compassionate to one another; forgiving each other, just as in Christ, God forgave you."

2. BECAUSE RESENTMENT MAKES ME _____

Matthew 18:33-34 (NIV) "Shouldn't you have had mercy on your fellow servant just as I had on you? In anger his master turned him over to the jailers to be tortured."

- Jailer literally means _____.
- Resentment always hurts you more than the _____.
- Forgiveness is a _____.

Job 21:23-25 (TEV) "Some men stay happy until the day they die... others have no happiness at all; they live and die with bitter hearts."

- Three tests to help you discover who you need to forgive.

1. The _____ test

2. The _____ test

3. The _____ test.

Job 5:2 (TEV) "To worry yourself to death with resentment would be a foolish, senseless thing to do."

- Resentment is always a self-imposed _____.

CONCLUSION

Matthew 18:35 (NIV) "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart."

- We cannot _____ what we are unwilling to _____.
- "From your heart" means _____.

Matthew 5:7 (NIV) "Blessed are the merciful, for they will be shown mercy."

- Forgiveness is a _____.
- If you won't forgive, don't call yourself _____.
- Two options
 1. _____ it
 2. _____ it.