

Agathos Ministries
Hosted at the Guardian Academy
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ADVANCED FORGIVENESS TECHNIQUE

The Basics are the Same:

1. **MotM.** _____ **TETC: TOL:** _____
2. **DtW.** _____
3. **LIG.** _____
4. **PIA.** _____
Middle of the Memory. Determine the Wrong. Let It Go. Put It Away.

Take Every Thought Captive: Talk Out Loud

EXPANDING FORGIVENESS

Basic Forgiveness Definition: **JLiG:** _____
Just Let it Go

Let **WHAT** go? **AtHU:** _____
Anything that Hurt Us

There's a problem if **WLiR:** _____
We Live in REACTION

You may find you need to Just Let it Go even if it was **NDtY:** _____,
NW: _____, **GfY:** _____, or if it seems
CRN: _____.

Not Done to You, Not Wrong, Good for You, Completely Ridiculous Now

Forgive Parents, Pastors, Teachers, Family and Friends...for Beliefs, Principles or Values: Taught Wrong, Modeled Poorly, Learned Incorrectly... for clichés, contradictions, ignorance, lies, mistakes, hiding, identity attacks, absence, interference... **REMEMBER:** You are **FORGIVING**, not Excusing, not Accepting...

FORGIVENESS CHAIN

OUEaNSE: _____
Old Unforgiven Events are Never Solitary Events.

The nature of Unforgiveness is that you live in **REACTION**, usually in Action (Words, Deeds), at least in Emotions. Every time you **REACT** in a New Event because of a wound from an Old Event, that is another wrong that needs you to Just Let it Go.

Three Strategies: 1. **FOF:** _____ 2. **SOF:** _____
3. **SOYCHF:** _____

First One First, Strongest One First, Strongest One You Can Handle First

1. **SwYFO:** _____
Start with Your First One

2. **FtCoR:** _____
Follow the Chain of Reactions

3. **CU:** _____
Clean Up

RE-ENGINEER YOUR IDENTITY

God abolishes the Old Identity of His Children and gives them a New Identity...

2 Corinthians 5:17: _____
If any man is in Christ, he is a new creature, old things are passed away, behold, all things have become new.

But you have to "put on" the "new man" ...

Ephesians 4:24: _____
Put on the new man, which is created in righteousness and true holiness in likeness to God.

Colosians 3:10: _____
Put on the new man, which is renewed in knowledge after the image of Him that created him.

"Who could I have been if I had never been in Reaction?" Who can I be now that I'm no longer in Reaction?" "Who is 'God's ME'?"