

**Agathos Ministries**  
Hosted at the Guardian Academy  
**2782-E Sweetwater Springs Blvd.**  
**Spring Valley, CA 91977**  
**(619) 582-8770**

**RESURRECTION SUNDAY**

The Incarnation (Birth of Jesus), the Crucifixion (Death on a Cross), and the Resurrection (Raised from the Dead) were all about Forgiveness. We are all destined for Eternal Debtors Prison. *Our Debt was Paid in Full!*

**The Resurrection is Critical.** 1 Corinthians 15:17: \_\_\_\_\_

\_\_\_\_\_  
"And if Christ has not been raised, your faith is worthless, you are still in your sins." (NASB)

**But for the Resurrection: CWNE:** \_\_\_\_\_  
Christianity Would Not Exist

**The Most Amazing Words:** Mark 15:34 "*Eloi, Eloi, lama sabachthani?*" Which is translated:

\_\_\_\_\_  
My God, My God, Why Have You Forsaken Me?

1 Peter 2:24: \_\_\_\_\_

\_\_\_\_\_  
"and He Himself bore our sins in His body on the cross, that we might die to sin and live to righteousness, for by His wounds you were healed."

**God is Infinite in Space: TCRE** \_\_\_\_\_  
The Crucifixion Reaches EveryWHERE

**God is Infinite in Time: TCRE** \_\_\_\_\_  
The Crucifixion Reaches EveryWHEN

*If, to God, All Places are Here, and All Times are Now,  
then, to God, the Crucifixion is Right Here, Right Now.*

## **Forgiveness**

### THE IMPORTANCE OF FORGIVENESS

Luke 6:37: \_\_\_\_\_

\_\_\_\_\_  
"And do not judge and you will not be judged, and do not condemn, and you will not be condemned, pardon and you will be pardoned." (NASB)

**Matthew 6:14:** \_\_\_\_\_  
"For if you forgive men for their transgressions, your heavenly Father will also forgive you." (NASB)

**Clear Statement:** If we forgive, we will be forgiven.

**Implied Statement:** If we do not forgive, we may not be forgiven. *Is it true?*

**Matthew 6:15:** \_\_\_\_\_

\_\_\_\_\_  
"But if you do not forgive men, then your Father will not forgive your transgressions." (NASB)

**Matthew 18: 23-35.** Parable of the Indebted Servant.

**Matthew 18:22:** Seventy Times Seven doesn't mean 490.

**Coming:** 1. What is Forgiveness? 2. Who do we Forgive? 3. How do we Forgive? Basic Forgiveness Techniques. 4. How does Forgiveness work? 5. Overcoming Obstacles to Forgiveness. 6. Developing a Forgiving Character. 7. Receiving Forgiveness: Four Point Apology. 8. Advanced Forgiveness Techniques. 9. Gaining Wisdom through Forgiveness. 10. Freedom! through Forgiveness.

**When the Bible Doesn't Say HOW to Do a Thing, HiUtU:** \_\_\_\_\_

How is Up to Us

We are TOLD to Forgive, but we are not told HOW to Forgive. Therefore, it is UtU. \_\_\_\_\_

Up to Us

**aphiemi** (af-ee'-ay-mee): **1)** to send away; **a)** to bid going away or depart; **1)** of a husband divorcing his wife; **b)** to send forth, yield up, to expire; **c)** to let go, let alone, let be; **1)** to disregard; **2)** to leave, not to discuss now, (a topic); **a)** of teachers, writers and speakers; **3)** to omit, neglect; **d)** to let go, give up a debt, forgive, to remit; **e)** to give up, keep no longer; **2)** to permit, allow, not to hinder, to give up a thing to a person; **3)** to leave, go way from one; **a)** in order to go to another place; **b)** to depart from any one; **c)** to depart from one and leave him to himself so that all mutual claims are abandoned; **d)** to desert wrongfully; **e)** to go away leaving something behind; **f)** to leave one by not taking him as a companion; **g)** to leave one dying, leave behind one; **h)** to leave so that what is left may remain, leave remaining; **i)** abandon, leave destitute

**Forgiveness: JLIGHT:** \_\_\_\_\_

Just Let It Go

**Forgiveness: P: GbLG:** \_\_\_\_\_

Pardon: Guilty but Let Go

*When we do not forgive, we create a prison to hold that person and event in our Heart. However, the other person cannot be imprisoned in our Heart - but if we build the prison, we are trapped in it. When we pardon all our prisoners...*

**When I Forgive: IAFoT:** \_\_\_\_\_

I Am Free of This

*Unforgiveness is building a prison to hold that person and that event in our Heart, and locking ourselves in as Warden - but the other person and the event can't be locked up - we only trap ourselves.*

*Forgiveness pardons our "prisoners" and allows the Warden to leave the prison. "I am Free."*

*Unforgiveness is taking poison and expecting the other person to die. Forgiveness neutralizes the poison.*

**UCR, FAR:** \_\_\_\_\_

Unforgiveness Creates Reaction, Forgiveness Allows Response

**Principle: F&L:** \_\_\_\_\_

Forgive and Learn

**DNOTF&F:** \_\_\_\_\_

Do NOT Forgive and Forget

**Forgiveness does NOT Mean INH:** \_\_\_\_\_

It Never Happened

**Forgiveness is NOT R:** \_\_\_\_\_

Restoration

**Forgiveness is NOT A:** \_\_\_\_\_

Acceptance

**Forgiveness is NOT E:** \_\_\_\_\_

Excusing

**EiOoF:** \_\_\_\_\_

Excusing is Opposite of Forgiveness

*Excusing says "That's Okay." Forgiveness says "That was wrong, but I'm letting it go anyway."*

**EEBB:** \_\_\_\_\_

Excusing Empower Bad Behavior

*If "That's okay because" then we are saying that anyone (including us) with that "because" can do that...*

**HPHP,&aEHbT:** \_\_\_\_\_

Hurting People Hurt People, and are Easily Hurt by Them

We don't decide what Hurt comes \_\_\_\_\_ us, but we DO decide what Hurt goes \_\_\_\_\_ us.

We don't decide what Hurt comes TO us, but we DO decide what Hurt goes THROUGH us.

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**Forgiveness: JLIGHT:** \_\_\_\_\_

Just Let It Go

**WHO DO WE FORGIVE?**

**Who Do We Forgive? The Obvious: AWHU:** \_\_\_\_\_

Anyone Who Hurt Us

**The Less Obvious: O(fLIW):** \_\_\_\_\_

Ourselves (for Learning It Wrong)

*"It" is whatever lesson we learned that did, could have, or is causing damage to our lives.*

**Forgive ftMotM:** \_\_\_\_\_

Forgive from the Middle of the Memory

*This means we Forgive AWHU as they were at the moment they Hurt us. We Forgive Ourselves as we were at the moment we were Hurt and Learned the Wrong Lesson.*

**MaE:** \_\_\_\_\_ **So FftMotM means FWWR:** \_\_\_\_\_

Memories are Emotional, Forgive What We Remember

\_\_\_\_\_ even if we now know it did not happen that way.

**TLG, YMGI:** \_\_\_\_\_

To Let Go, You MUST Go Inside the Memory

**HOW DO WE FORGIVE?**  
**A Basic Forgiveness Technique**

**Get to the MotM:** \_\_\_\_\_

Middle of the Memory.

**The MotM is where the EiMI:** \_\_\_\_\_

Emotion is Most Intense

*Your Heart holds on to Memories with Emotion, and You React from Emotion.*

*To Let Go, You Must Go to Where You are Most Intensely Holding On.*

*If you let go from anywhere else, you will find that you haven't really let go.*

**Two Ways There: P&P:** \_\_\_\_\_

Prayer and Pondering

**What Does It LL, SL, FL?:** \_\_\_\_\_

Look Like, Sound Like, Feel Like

*Visual, Auditory and Kinesthetic are basic ways our brain processes information. Memories are Emotional, and Emotions are not always accurate. Let the Emotional Memory BE the Emotional Memory - it's how our Heart is holding on to it, and it's what is affecting us. It's not the "facts" that affects us.*

**1. MotM.** \_\_\_\_\_ **FIRST: FtOW:** \_\_\_\_\_

**2. DtW.** \_\_\_\_\_

**3. LIG.** \_\_\_\_\_ **SECOND: FYYS:** \_\_\_\_\_

**4. PIA.** \_\_\_\_\_

Middle of the Memory. Determine the Wrong. Let It Go. Put It Away.

Forgive the Original Wrongdoer, Forgive Your Younger Self

**Technique: TETC: TOL** \_\_\_\_\_

Take Every Thought Captive: Talk Out Loud

*"That's wrong. That's your problem. I forgive you. I put it down, leave it behind, and move on. This ends right here, right now. It's over. It's done." Then change the memory to a file and file it behind you.*

*"What he did was wrong. It was wrong of you to learn the wrong lesson from this. It was his problem, not your problem. You should have rejected this lesson. I forgive you. I put it down, leave it behind, and you and I will both move on. We both set aside this wrong lesson. It's over. It's done. The facts are in a file, but it doesn't hurt us or anger us anymore. We're finished with this."*

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**HOW DOES FORGIVENESS WORK?**

Unforgiveness: \_\_\_\_\_ Forgiveness: \_\_\_\_\_  
Makes You Bitter Removes Bitterness

Ephesians 4:26-27: \_\_\_\_\_

Be angry but do not sin. Do not let the sun go down on your wrath. Do not give place to the devil.

Unforgiveness: \_\_\_\_\_ Forgiveness: \_\_\_\_\_  
Judging Removes Judging  
O&Y: \_\_\_\_\_ YStS: \_\_\_\_\_  
Others AND Yourself! You Set the Standard

Matthew 7:1-2: \_\_\_\_\_

Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

FbF, UbU: \_\_\_\_\_  
Forgiveness begets Forgiveness, Unforgiveness begets Unforgiveness

Matthew 6:14-15: \_\_\_\_\_

If you forgive men for their transgressions, your heavenly Father will also forgive you. But if you do not forgive men, then your Father will not forgive you.

The Human Issue: FP: INAMiAE,aIOoE \_\_\_\_\_

Forgiving People: It's Not About Me, it's About Everyone, and I'm One of Everyone

Ultimately, My Heart treats ME the same it treats EVERYONE.  
Few things are more powerful than one's drive to justify one's own sense of identity

Proverbs 23:7: \_\_\_\_\_  
As a man thinks in his heart, so is he.

Unforgiveness creates R: F/E: \_\_\_\_\_  
REACTION: Feelings/Emotion  
Forgiveness allows R: C/W: \_\_\_\_\_  
RESPONSE: Choice/Will

If you are Reacting to something, EVEN IF you no longer feel any particularly strong emotion about it, that is evidence of Unforgiveness. You may be numb. You may be ignoring it. But if you REACT, it's there.

**OVERCOMING OBSTACLES TO FORGIVENESS**

First: KWFI&WFM: \_\_\_\_\_  
Know What Forgiveness IS and What Forgiveness Means

Knowing what it IS and is NOT, what it MEANS and DOES NOT MEAN is most of the battle.  
It doesn't mean they get away with something. It doesn't mean it never happened. It doesn't mean the other person is Restored. It doesn't mean the behavior is excused. It doesn't mean you accept them.

A KEY OBSTACLE: IDKH! \_\_\_\_\_  
I Don't Know How!

We are overcoming this obstacle with this series.

Obstacle: FEB, AR: \_\_\_\_\_  
Forgiveness Eliminates Blame, Accepts Responsibility  
Overcome: AR, L&PS: \_\_\_\_\_  
Accept Responsibility, Learn and Practice Skills

Obstacle: RbI: WWIB? \_\_\_\_\_  
Reaction Based Identity, Who Would I BE?  
Overcome: WCIB: \_\_\_\_\_  
Who Can I Become?

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**DEVELOPING A FORGIVING CHARACTER**

The Belt Principle: WBtBB: \_\_\_\_\_  
White Belt to Black Belt

**1. MotM.** \_\_\_\_\_ **FIRST: FtOW:** \_\_\_\_\_

**2. DtW.** \_\_\_\_\_

**3. LIG.** \_\_\_\_\_ **SECOND: FYYS:** \_\_\_\_\_

**4. PIA.** \_\_\_\_\_  
Middle of the Memory. Determine the Wrong. Let It Go. Put It Away. Forgive the Original Wrongdoer, Forgive Your Younger Self

**Technique: TETC: TOL** \_\_\_\_\_  
Take Every Thought Captive: Talk Out Loud

**6MtE, EiS:** \_\_\_\_\_  
Six Months to Easy, Easy is Skill

**2YtA, AiC:** \_\_\_\_\_  
Two Years to Automatic, Automatic is Character

**RECEIVING FORGIVENESS: THE FOUR POINT APOLOGY**

**Cultural: SIS, RwTO:** \_\_\_\_\_  
Say "I'm Sorry. Respond with "That's Okay."

We know the proper response to "I'm sorry" is IFY: \_\_\_\_\_  
"I Forgive You"

because we know that if someone did something wrong, INO: \_\_\_\_\_  
It's NOT Okay.

**Ni4xMPTP:** \_\_\_\_\_  
Negative is Four Times More Powerful Than Positive

**Pebble/Rock: WDaP, TGHbaR:** \_\_\_\_\_  
We Drop a Pebble, They Get Hit by a Rock

**Why DO an FPA? Because IFP:** \_\_\_\_\_  
It's Four Points.

If Negative is Four Times More Powerful than Positive, then One Point of Negative needs Four Points of Positive to repair the damage. The Four Point Apology Respects the Pebble/Rock dynamic. It shows respect for the damage we did.

**Because IHUR:** \_\_\_\_\_  
It Helps Us Remember

A casual "I'm sorry" costs us nearly nothing and expresses nearly nothing because it's barely a formality. When tainted with sarcasm and resistance, or when coupled with foolish additions like "I'm sorry you're hurt" it can mean less than nothing and do more damage than even no apology at all. But a Four Point Apology reminds US about the importance of the Person and the importance of the Relationship. It reminds US how wrong we were, and it allows the other person a genuine response.

**The Four Point Apology:**

**1. AtP:** \_\_\_\_\_  
Affirm the Person

**2. AtR:** \_\_\_\_\_  
Affirm the Relationship

**3. EGR:** \_\_\_\_\_  
Express Genuine Regret

**4. AfF:** \_\_\_\_\_  
Ask for Forgiveness

There is no guarantee a person will forgive us. That's up to them. But it leaves the ball in their court. We did our part. When we Sin, a Four Point Apology to God guarantees Forgiveness. We gain the same benefits when we 4PA to God. It respects that it was Our Sin that got Jesus nailed to the Cross. It helps us remember because it makes confession a big deal.

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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'?"*

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## GAINING WISDOM THROUGH FORGIVENESS

The word Wisdom appears 232 times in 222 verses in the King James. The most consistent use of the word is “Applied Knowledge.” It is knowing what to do and being able to do it. Unfortunately, there are two versions of it: Wisdom from Above, and Wisdom from Below, described in James 3:13-18.

### Wisdom from Above

- G,U:** \_\_\_\_\_  
Gentle, Understanding
- G:** \_\_\_\_\_  
Generous
- StT:** \_\_\_\_\_  
Speaks the Truth
- P:** \_\_\_\_\_  
Pure
- O:** \_\_\_\_\_  
Organized
- RiLP:** \_\_\_\_\_  
Results in Lasting Peace
- R,P:** \_\_\_\_\_  
Reasonable, Principled
- TFoL:** \_\_\_\_\_  
The Fruit of Love
- TFoM&G:** \_\_\_\_\_  
The Fruit of Mercy and Grace

### Wisdom from Below

- AA,WaAC:** \_\_\_\_\_  
Amoral Ambition, Win at All Costs
- S,J:** \_\_\_\_\_  
Selfish, Jealous
- SL&D:** \_\_\_\_\_  
Speaks Lies and Deceives
- ES:** \_\_\_\_\_  
Evil Spirited
- D:** \_\_\_\_\_  
Disorderly
- RiD,FP:** \_\_\_\_\_  
Results in Disharmony, False Peace
- SC,E:** \_\_\_\_\_  
Self-Centered, Emotional
- TFoC,OU:** \_\_\_\_\_  
The Fruit of Competition, One-Upmanship
- TFoSJ&C:** \_\_\_\_\_  
The Fruit of Strife, Judgment and Condemnation

*\* Based upon John Maxwell Leadership Bible*

Unforgiveness leads to \_\_\_\_\_. Forgiveness allows \_\_\_\_\_.  
REACTION, RESPONSE

Consider Wisdom from Above and Wisdom from Below item by item.  
 Which is more likely the result of REACTION vs. RESPONSE?

## FREEDOM! THROUGH FORGIVENESS

**John 8:32:** \_\_\_\_\_  
You shall know the Truth, and the Truth shall set you Free.

**Romans 6:18-22.** The Point: We are Servants of \_\_\_\_\_ or Servants of \_\_\_\_\_.  
 Being a servant to one makes us “Free” of the other.  
Sin, Righteousness

**Sin: MtB:** \_\_\_\_\_  
Missing the Bullseye

**Righteousness: HtB:** \_\_\_\_\_  
Hitting the Bullseye.

Unforgiveness leads to \_\_\_\_\_. Forgiveness allows \_\_\_\_\_.  
REACTION, RESPONSE

Consider Sin (Missing the Bullseye) and Righteousness (Hitting the Bullseye).  
 Which is more likely the result of REACTION vs. RESPONSE?

## BECOMING A ROYAL KNIGHT

**Ephesians 4:24a, Colosians 3:10a: PotNM:** \_\_\_\_\_  
Put on the New Man

**BEING a 2 Cor 5:17 NC:** \_\_\_\_\_ and **LIVING IT** are different things.  
New Creature

Getting OoR \_\_\_\_\_ and into R \_\_\_\_\_  
 is a major step. It lets us break loose from Emotion (Stubbornness) and grow in our Will (Will Power), our Spirituality, and in our Relationship with God. We will be able to become Royal Knights.  
Out of Reaction, Response