

Thursday Anger & Forgiveness: Two Gifts

STA: Emotions heart monitors: tell us if being loved/not. Legit response to injustice, dignity, truth being violated
Are they **serving or enslaving** us?

Secondary Emotion: what came before it? **G.I.F.T**

Guilt: unreconciled in me,

Inferiority : made to feel small, insignificant, overlooked, value hold dear is threatened

Fear- represses other emotions, gives a sense of control, can not hear others/ God (fight, flight, freeze)

Trauma (Type A/B) unhealed wounds: (A biscuit/CprhasF) .. Father/son Baseball ...bruised , stub toe

Anger as an Emotion God gave us vs Deadly sin= irrational quest for vengeance.

Allowed to express as a child? When scared or anxious?

Eph 4:26 "Be angry but do not sin; do not let the sun set on your anger, do not give the devil an opportunity/foothold." Prolonged anger is not about the debt but about the belief. (EB2)

Devil's trick, to get us offended.. Greek "*skandolon*" scandal..means 'entrapment'. Baits us, foothold.

Felt/Flows outward unlike other emotions. I do not feel 'anxiety' towards you but inwardly.

How one expresses: Express with control (response), out of control (reaction), repress.

In: Masked Anger, passive aggressive: silent /isolate, looks that kill, pout, dumping on others, chip, keep record

Outwardly: physical, vocally, Fear: fight not flight/freeze

Most Events, ppl are not the cause of my anger, but the occasion. How I interpret / react to those events.
(Unexpressed expectations can lead to resentment.) Triggered by Bruised Heart not the split milk.

Resentment, bitterness (immature murder) clinging sentiment, invades our sleep, enjoyment of work, vacation, tone of voice, clouds our intellect to see further good, loss of energy, desolation.

Impacts health: headaches, digestive problems, ulcers, heart/blood pressure, rent free space.
Critical spirit. Tortures us.

Biology: Men (adrenaline) Women (Noradrenaline) Stored /prolonged anger -> **Depression**

Emotions affect/effect us Spiritual, Emotionally, Mentally, and Physically (pain in my neck).

You cannot just stop being angry nor can you make yourself suddenly angry.

Remaining angry, like drinking poison thinking the other person will suffer.

Video : Ted Talk: Extreme forgiveness: <https://youtu.be/5-ONs1J6laE>

Biggest block/obstacle to our healing is unforgiveness: refusal of one who offended/ wounded (internally or ext)

Unworthiness: Convinced not unconditionally loved, Jesus came not for self righteous, Rom Centurion

Unbelief: skeptical attitude. What astonished Jesus great/little faith. Renounce the spirit of ..

Fear: too get too close, what God may ask.. true love cast out all fear.

Bitter root judgements, from unforgiveness, (see renouncing prayer)

Our Father: forgives us our trespasses (sins) as we forgive those who trespass against us"

Forgiveness from the Heart is key, **opens the floodgates for healing/** Fathers Desires for us -pipe, eye socket, 20 y

Unforgiving servant: \$ 5 Billion vs \$ 7k- 'unless you forgive from your heart'

How many times? 7 x or 70 x 7? Mt 18:22, God's Forgiveness is conditioned, is love is unconditional.

When we are most like Jesus. **"To Err is human, to forgive is divine"**. Can't give if not receive first.

Forgiveness 101: "perdonare" to give completely.. the desire/power to punish.

'Who died and left you God?' 'Vengeance is mine, says the lord'.

Not forgetting, saying its ok/dismissing the debt (feeling/choice).

Need to acknowledge the debt/ loss. Can not be generalized for "everything they did against me"

To diffuse the power of evil via absorbed into Divine Mercy

Stored anger /unforgiveness is not about the debt but about the belief.

What purpose does anger/unforgiveness serve? What holds it in place? (SAC)

Anger, blocks out the pain: **Safe: Protects the Heart, Hold Accountable/ Punish, sense of Control**

If the belief is that it will protect you, very difficult to overcome that hidden reason for it

Do experience a hesitation/resistance to let go of the anger?

If so, what do you believe would happen if you were let go of the anger? (They would get away with it)
(That's the problem)So the solution is by remaining angry at X, you are .. (holding them accountable)..

Does that feel true? God what do you want me to know about that?

Does it still feel true that... (ask the God to reveal to us his perspective, to share his hearts compassion for others)

Forgiveness vs Reconciliation 'Cilia'=eyelash

Forgiveness in Marriage. remove **DAGR**, *Dwell, Arguments latter, Gossip, Remain open Restore Trust*

ForGIFTness: Gift for Self, Others, God. Not letting them off the hook, its removing the hook in us.

Repent / Renounce Bitter judgements

Surprise of forgiveness is it is ourself, our hearts that are set free.

Compassion, Love your enemies, ask for Jesus heart, and for the light of his perspective (The Shack)

Confession: No excuses, more powerful than creation of the universe, recreation, Talk with Jesus about your sins
outside of confession? "**When Jesus sees our sins he sees our wounds**" Julian of Norwich



JOHN PAUL II Healing Center
Transformation in the Heart of the Church

A more contemplative approach:

1. Ask the Holy Spirit to show you who you need to forgive (family, friend, abuser, God or yourself).
2. Picture the person in front of you, and pay attention to what you think and feel in their presence.
3. Think about what they did and how it affected you. How do you feel about it? Make note of what you are feeling and allow it to surface.
4. In your imagination tell them everything they did to hurt you and how it affected you.
5. Ask the Holy Spirit to reveal to you what you believe about yourself based on that incident.(ID Lies)
6. Renounce the identity lies (**CPRHAS F**).
7. Ask Jesus to reveal the truth about your identity.
8. Ask the Holy Spirit to reveal to you the condemning judgments you hold toward yourself and the person who hurt you.
9. Renounce these judgments (**Bitter root Judgements**).
10. Renounce any unhealthy attachments between you and that person (**Soul Ties**)
11. Bring that person to the foot of the Cross, and ask Jesus to forgive them (and you).
12. As you stand with the person at the foot of the Cross, turn to them and forgive them
13. Pray blessing over the person and ask God to bless them in the opposite way they hurt you.
Ask Jesus to heal both of you.
14. Thank Jesus for his forgiveness

Review:

All have broken Hearts -actions and attitudes that are destroying our life (perfectionism, compulsions)

-overreact – reoccurring bouts with emotional pain (SAGA F)

Reactions to the event, not the event puts in bondage ,Present difficulties trigger past pain

Life changes when the HS changes our Beliefs, Metanoia Christ is all knowing and ever present.