



# TREASURE KINGDOM DISCOVERY GATEWAY TO DISCOVERING

YOUR IDENTITY AND RISE TO YOUR FULL POTENTIAL

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## DAY 20: THE PEACEFUL RIVER, LEARN TO FORGIVE

"You need to learn the truth of his pain. He's scared to let anyone close. You need to fight for his soul. Don't you see this pain will not only destroy him but you and Nora as well? If you cannot learn to forgive, how will healing rise up?"-Trevor,

- Treasure Kingdom

We all have our own hidden battles that we face. Ones we try to hide from everyone else. When you take the time to see someone else's pain, you can better understand your own pain. When you hold onto something that has hurt you from your past, you are not hurting the other person who caused the hurt. You are only allowing yourself to continue hurting. The angry eats you up inside. The person you are angry at may not even know you are angry or why you are angry. When you choose to hold onto a hurt over the years, you are only choosing to continue to hurt. You choose to relive that pain and it is destroying you.

As we have discussed in previous lessons our words and actions affect those around us just as what other say or do affect us. Are you holding onto a painful memory, one that is haunting or tearing you apart inside? Or perhaps you are holding onto that pain and anger toward someone? I want you to take with time to right out what happened, no judgment, and you can keep this to yourself if you want, but write it out completely below:

Now, I want you to go back and re-read what you just wrote. Read it carefully. Now that you have re-read what you wrote, I want you to write how you felt both when it happened and now, when you wrote it and re-read it.

Listen to what Corrie Ten Boom has to say regarding forgiveness:



## Corrie Ten Boom, "How to Forgive"

PastorsStudy

279K views · 8 years ago

<https://www.youtube.com/watch?v=3cfp51vLZb4>

When you feel you cannot forgive, allow God to give you that freedom. 2 Corinthians 2:5-9 says, "Now if anyone has caused pain, he has caused it not to harm me, but in some measure-not to put it too severely- to all of you. For such a one, this punishment by the majority is enough, so you should rather turn to forgive and comfort him, or he may be overwhelmed by excessive sorrow. So I beg you to reaffirm your love for him. For this is why I wrote, that I might test you and know whether you are obedient in everything. Anyone whom you forgive, I also forgive."

Hebrews 10: 15-18 says, "And the Holy Spirit also bears witness to us; for after saying, 'This is the covenant that I will make with them after those days, declares the Lord: I will put my laws in their hearts, and write them on their minds,' then he adds, 'I will remember their sins and their lawless deeds no more.' Where there is forgiveness for these, there is no longer any offering for sin."

Through God's love and forgiveness, we have redemption for our sins. Will you allow God's love to flow through you and teach you to forgive those how have hurt you? Will you learn to forgive yourself? I would like you to picture the person who has hurt you, even it that person is yourself. Now take this time to write down a letter to that person. Say what happened, how you felt, and then move into how you will forgive them or that you have forgiven them. Finish off the letter with thanksgiving and focus on who God is and what He is doing in your life.

Dear: \_\_\_\_\_,

Sincerely,

Take this time to reflect of the freedom you receive only through Christ love and redemption.