

Beyond the Sermon with Scripture References

A Sermon Application Guide

Title: Survival Guide for the Soul

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Message Theme & Prayer Focus

Escaping The Past, Freeing The Future

"God, I give you this week, this day, and this moment. I recognize you've so freely extended your forgiveness to me, and it's always waiting for me every time I ask you for it. You are the perfect example of gracious forgiveness, and I ask you to teach me what it looks like to reflect that in my life, and how to rely on you to do so. Thank you Father. Amen."

Key Concepts/Truths

Are you carrying around any known or unknown hurt and brokenness in your life?
Should you be carrying it?

- Time does not heal all wounds. Hebrews 12 reminds us that unhealed wounds can grow like an infection, even the small or hidden ones. They create open doors for the devil to step into our lives and cause bitterness and chaos.
- Things like getting married, moving away, or changing a part of our lives can't separate us from the hurt we've experienced. We bring our whole selves wherever we go.

The offenses we carry are unfairly brought up and placed on others in the blink of an eye, causing us to lash out at loved ones and other innocent people who had nothing to do with our pain. How can we make sure we let go and forgive those who've wronged us?

- We can continually forgive them. Matthew 18 tells us to always forgive in order to keep the bitterness at bay in our lives.
- We can pray for them. Matthew 5 tells us to be praying for those who do us wrong. It may not change them, but prayer changes our hearts toward them.

Holding onto bitterness keeps us in bondage. Forgiveness doesn't make what happened okay or go away, but it does stop it from becoming our life's defining moment. Sometimes, the hardest person to forgive is even ourselves, but we have to be willing to let God heal us of the wounds we have. Forgiveness is the key to our future. Ephesians 1:7 tells us we have redemption through His blood, forgiveness of sins, and access to His endless grace. It's all freely ours when we ask.

Key Verses: Ephesians 1:7 • Luke 24:47 • Hebrews 12:14-15 • Matthew 5:43-48, • Matthew 18:21-22 • 1 Corinthians 6:9-11

Real Life Applications

God wants your life back.

What was, does not need to be what is. We each have to recognize that forgiveness is both a journey and decision. It might take time to feel like we are able to walk forward in freedom, but that doesn't mean we're unable to. Keeping in mind that we have been given access to a forgiveness that doesn't condemn and is always available, shouldn't we extend the same to the people who have hurt us?

Don't let what has been, rob you from tomorrow. It's easiest to forgive others when we set our hearts to forgive before a grievance is even committed. We can start to live a lifestyle of God's forgiveness today by making the choice to let go and let Him handle our past and the things that come our way.

Declarations

"I will not give the victory to the enemy. God is faithful to forgive me. He moves my sins as far as the east is from the west. He forgives all of my sin and I am called to forgive others as Christ forgave me. I leave no foothold for the devil, and I choose to be quick to forgive. I forgive anyone who has done anything against me, and choose to walk everyday as a witness and ambassador for Christ."

What's Next?

Now it's time to write down anything that the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

Scripture References

Ephesians 1:7 NKJV

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace

Luke 24:47 CSB

...and repentance for forgiveness of sins will be proclaimed in his name...

Hebrews 12:15 ESV

See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled;

Ephesians 4:26-27 ESV

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Mark 11:25 ESV

And whenever you stand praying, forgive, if you have anything against anyone...

Ecclesiastes 7:9 NIV

Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

Matthew 18:21-22 NKJV

Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.

Philippians 3:13 ESV

But one thing I do: forgetting what lies behind...

1 Corinthians 6:9-11 ESV

Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.