



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF OCTOBER 29, 2007



**Relational Freedom, One Step at a Time, 4:
Please Release Me!**

Featuring
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Best-selling co-author of Boundaries series,
author of How People Grow

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I. Introduction

Why talk about the Bible and forgiveness?

Even Christians have confusions

We need to understand this problem of not feeling forgiven

II. The theology of forgiveness

In the beginning

- Unbroken connections between us and God and among us
- Unbroken connections among us
- No knowledge of the difference between good and evil

Sin severs the relationship

Sinning is like a place where we live

We are all imperfect and separated from God

Under God's wrath

All you have to do to be forgiven is receive his gift of forgiveness

Moving from "in sin" to "in Him"—freedom from condemnation

This is a stumbling block, given our sense of justice

Humans think we have to pay

But: Romans 6:10, Hebrews 7:27, Hebrews 9:12, Hebrews 9:26, Hebrews 10:2, Hebrews 10:10, 1 Peter 3:18, Romans 8:1

Once and for all: There is nothing for you to feel guilty about from God's side of the equation

III. The problem

“I know all those verses, but I can’t feel it inside”

The problem tends to be in the heart: “I have a problem with me”

You’re not going to solve what’s in your heart by getting more into your head

What’s in your heart is based on experience

IV. To be forgiven

“I know that God loves me, but I need to forgive myself

The problem: This means two me’s—and one’s a judge

Stop being the judge and identify with the bad me

Begin to confess to others (James 5:16)

Confession is the door to being accepted

Begin to get over the feeling “My sin is really special”

The part that judges is a liar

Experience grace and acceptance from others—know it in your heart

Go from the bad deeds to the bad insides

You need a place where you can confess these

Name names: Who put that judgmental voice in your head?

Learn to reevaluate those voices

Learn to have rebuttals to those voices: memorize Scripture

Make amends to those you’ve hurt

God’s forgiveness frees us to forgive

Reconcile, as much as is possible

²⁰He went on: “What comes out of a man is what makes him ‘unclean.’” ²¹For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, ²²greed, malice, deceit, lewdness, envy, slander, arrogance and folly. ²³All these evils come from inside and make a man ‘unclean.’ “
—Mark 17:20-23

²³“...if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.
—Matthew 5:23-24

Next week on *Solutions*: “Pardoned by Love”

Resources

BOOKS:

The Secret Things of God: Unlocking the Treasures that are Reserved for You

By Dr. Henry Cloud

www.cloudtownsend.com

Nine Things You Simply Must Do

By Dr. Henry Cloud

www.cloudtownsend.com

How to Get a Date Worth Keeping

By Dr. Henry Cloud

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How People Grow

By Drs. Henry Cloud and John Townsend

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