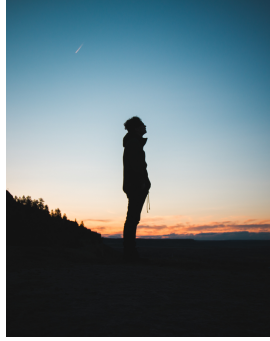


Chapter 19 – Principle of Repentance and Forgiveness



To repent means to turn away from something, to do a 180 degree turn in another direction. Many times, you may find yourself off course in life and needing to turn back to Christ, it doesn't make you a terrible person, it makes you human. When you know you're off, be honest about it, repent and turn back to truth and righteousness quickly and without delay. Likewise, you'll find yourself practicing forgiveness often along your journey, because people will say and do things that may offend or hurt you. Practicing forgiveness is vital to your spiritual and physical health, as well as your relationship with Christ; un-forgiveness is like drinking poison; it will create roots of bitterness and rob you of your physical, emotional, mental and spiritual health. If someone hurts you, even in the smallest way, I encourage you to quickly forgive and give it over to Christ.

- **Is there an attitude, mindset, thought-pattern, or behavior that you need to repent for right now?**

- **Is there a situation that you know you need to forgive someone who has hurt you in any way?**

Pray and ask the Lord to show you hidden areas that you need to be forgiven or need to forgive someone for the hurts you've experienced.

As you read through Chapter 19, “Principle of Repentance and Forgiveness”, finish the following statements:

The part that stands out the most to me is:

Areas I want to see growth:

I want to see growth in these areas because:

The steps of obedience I feel the Lord is showing me to take are: