

Do you want to be...

# Free At Last?

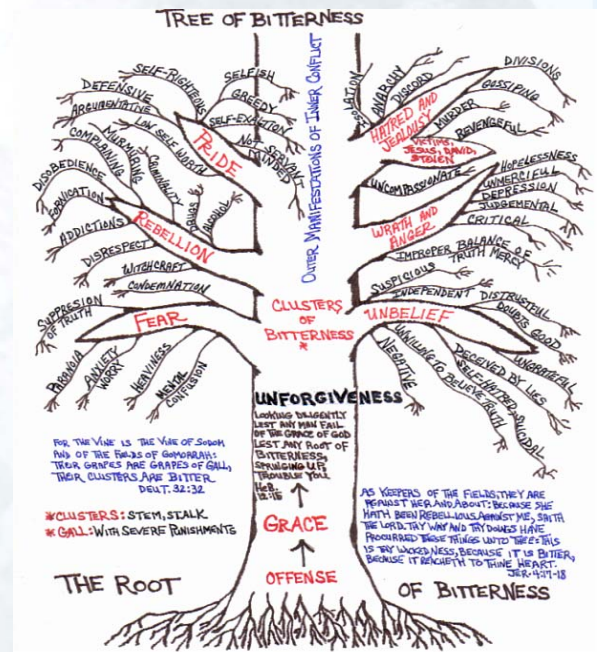


## OUTLINE Lesson #6

### HOW UNFORGIVENESS ERODES LIFE

1. Review of exercise on separating blame from guilt (Lesson 5 follow-up)
2. Symptoms of unforgiveness
3. Barrier to freedom: Luke 4:18, Mark 11:24-26
4. Underlying condition feeding unforgiveness: Obadiah 1:10-13, James 2:13, Matt 12:37, Matt 18:23-35,

5. Curse of Bitterness: Heb 12:15, Job 13:26-28
  - Likened to a tree with branches →
    - ✦ Vine-plant with twigs: Deu 32:32
    - ✦ Gall represents poison filling the root
    - ✦ Clusters (stem) representing root system or stronghold
    - ✦ Clusters are "similar things growing together" (Websters); clusters are behaviors that spring up from strongholds defiling many
    - ✦ Behaviors are the outer manifestations of an inner conflict
    - ✦ Strongholds: fear, rebellion, pride, hatred, jealousy, anger, wrath, unbelief



6. Overcoming Strongholds
  - How jealousy causes division: Pro 18:16, Deu 2:4-5
  - Strongholds operating in revolt against Moses: Numbers 16:1-4
  - How strongholds infect relationships and become barriers to intimacy
7. Principle of sowing & reaping: Gal 6:7-8, Jer 4:17-18
8. Class Assignment:
  - Journal feelings/insight gleaned from lesson
  - Complete Exercise on Initiating Forgiveness
  - Read Pages 63-66 in Chapter 5 of *Free at Last*; pages 106-109 from Chapter 6 of *Free at Last*
  - Engraft scriptures for forgiveness