

# NORTH HILLS NOTES

## CONNECTING WITH GOD THE PRAYER OF RELEASE

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*"Forgive us our sins, just as we have forgiven those who have sinned against us."*  
Matthew 6:12 (NLT)

*"Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?' Jesus answered, '...not seven times, but seventy-seven times.'"*  
Matthew 18:21, 22 (NIV)

### WHY MUST I RELEASE THOSE WHO'VE HURT ME?

#### 1. GOD HAS FORGIVEN ME.

*"The servant's master took pity on him, canceled the debt and let him go."*  
Matthew 18:27 (NIV)

*"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*  
Ephesians 4:32 (NIV)

#### 2. RESENTMENT IS SELF-TORTURE.

*"Shouldn't you have had mercy on your fellow servant just as I had on you? In anger his master turned him over to the jailers to be tortured..."*  
Matthew 18:33-34 (NIV)

*"Some men stay happy until the day they die... others have no happiness at all; they live and die with bitter hearts."*  
Job 21:23-25 (GN)

#### 3. I NEED FORGIVENESS EVERY DAY.

*"This is how my heavenly Father will treat each of you unless you forgive your brother from your heart."*  
Matthew 18:35 (NIV)

### HOW DO I RELEASE MY HURT?

#### 1. LEAVE IT TO GOD.

*"...Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it..."*  
Romans 12:19 (LB)

#### 2. HEAL IT WITH GRACE.

*"Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others."*  
Hebrews 12:15 (Ph)

*"Christ carried our sins in his body on the cross so we would stop living for sin and start living for what is right. And you are healed because of his wounds."*  
1 Peter 2:24 (NCV)

#### 3. NAIL IT TO THE CROSS.

*"We know that our old life died with Christ on the cross so that our sinful selves would have no power over us and we would not be slaves to sin."*  
Romans 6:6 (NCV)

*"He canceled the debt, which listed all the rules we failed to follow. He took away that record with its rules and nailed it to the cross."*  
Colossians 2:14 (NCV)

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