

<div> <div>Forgiveness and Blessing: Worksheet One</div> <div>HURTFUL THINGS DONE TO US</div> </div>	D	M	1	2
Father or Mother absent ( physically or emotionally)				
Not defended or protected				
Abandoned or rejected (physically, emotionally, or verbally)				
Parent(s) not wanting a child				
Parents not wanting a child your sex				
Wanting a child for selfish reasons (e.g. to save a marriage, find a purpose)				
A parent being the reason that home was an insecure or unsafe place				
Blaming				
Not being allowed to speak				
Parent(s) being closed off to closeness, unwilling to make themselves known				
Parent(s) sharing things that are inappropriate or burdensome for a child				
Overly serious about life				
Inflexible/rigid parenting				
Religiousness				
Control				
Manipulation				
Acceptance conditional or not at all				
Made to be responsible for parents emotional well being or for brothers/sisters				
<b>ABUSE</b>				
Verbal				
Emotional				
Physical				
Sexual				
Neglect				
<b>VIOLENCE/ANGER</b>				
Parent(s) toward yourself				
Parent(s) toward brothers/sisters				
Parent(s) against each other				
Sibling(s) toward you, or each other, or a parent				
Other violence				
Silence				
Arguments and conflict				
Passive anger or resistance				
<b>ADDICTIONS</b>				
Addictions to sex (e.g. pornography, masturbation, adultery, forced or unclean sex between parents)				
Addictions to a substance (e.g. food, drugs, alcohol, adrenaline)				
Addictions to an activity (e.g. work, church, hobbies, TV, computer)				

## BLESSINGS NOT GIVEN TO US: WORKSHEET TWO

Look at the ways that children are wounded on this worksheet, Blessings Not Given to Us. Use a check mark in the right-hand column under D for Dad or M for Mom to identify where you experienced similar wounding. Consider other significant caregivers who may be relevant. (E.g. grandparents siblings, a step parent or common-law parent, teacher, coach.)

	D	M	1	2
Did not do what was best for the children, unwilling to put the children's needs first				
Did not speak words of affirmation, praise, encouragement, blessing, and value				
Did not give affectionate touch freely and often				
Did not approach life as an adventure				
Did not teach appreciation of Beauty, Music, Art, Nature				
Did not have regular family gatherings				
Did not use appropriate discipline				
Did not communicate -- speaking in ways that are understandable and consistent				
Lack of light-heartedness -- laughter, fun, tickles, wrestling, humor				
Lack of security -- a home that was not physically, emotionally, and spiritually safe				
Not valuing us and their relationship more than the family image, or money, or addictions				
Not working and playing together				
Did not say "Forgive me"				
Did not say "I love you"				
Did not make times of celebration				
Not doing things just for fun				
Lack of flexibility				
Living in God's Kingdom				
Did not teach us how to worship in church				
Did not teach us how to worship and dance at home				
Did not read and teach the scriptures				
Did not have bedtime prayers				
Did not pray to and speak of Jesus as part of every day				
Did not give thanksgiving at meals				
Did not model forgiveness				
Did not pray and speak blessing over our lives				
Did not pray and speak blessing over the lives of others including enemies				
Teaching and Modeling				
Did not teach us how to trust in God during crisis				
Did not teach us how to communicate or share our hearts				
Did not teach us how to resolve conflict together as a family				
Did not teach us how to be a husband or wife				
Did not teach us how to handle money				
Did not teach about sexuality				

How We See God: Worksheet Three HOW I EXPERIENCE RELATIONSHIP WITH GOD	A.N.	Half	A.A.
God seeks what is best for me			
God speaks to me words of affirmation, praise, encouragement, and blessing			
God gives me His affection freely and often;			
God Has time for me and wants to spend time with me			
God uses loving discipline when I need it			
God speaks to me in ways that are understandable and consistent			
God makes Himself known and shares His heart with me			
God loves to play with me in light-heartedness, laughter and fun			
I feel safe to be vulnerable with God			
God wants to be with me in all things			
God readily tells me, "I love you"			
God makes special times a celebration with me			
God teaches me everything I need to know about life			
God is always available			
God will protect and defend me			
God has chosen me			
God wants me to speak to him and allows me to share what is on my heart			
The things that God calls me to are light and easy			
God is flexible and gracious			
God gives me choice without manipulation or control			
God accepts me unconditionally, regardless of what I have done			
God does not need me to take care of the world for Him			
God would never abuse me in any way			
God is full of mercy and compassion toward me			
God keeps our relationship and His goodness in my life as a priority			

**INSTRUCTIONS:** Put a check in the appropriate right hand column that describes your experience with God. **A.N.** stands for **Almost Never**. **Half** stands for about **half of the time**. **A.A.** Stands for **Almost Always**. If you checked the Half and A.N., there is likely a distorted perception that is projected onto God from wounding.

<b>Forgiveness and Blessing IDENTIFYING UNFORGIVENESS</b>	<b>Y</b>	<b>N</b>
Is your sleep or rest disturbed?		
Are you afflicted physically in your body?		
Does seeing a particular person trigger a strong emotional reaction?		
Do you feel like a child again in their presence?		
Do you avoid people who have hurt you or others who remind you of those who hurt you?		
Do you have difficulty sincerely blessing the one who hurt you?		
Do you still rehearse speeches or imagine getting even with those who hurt you?		
Does remembering a particularly hurtful event trigger a strong emotional reaction?		
Does the painful experience bring to mind anything for which God can be praised?		
Does depression return quickly after joyful times?		
Do you experience unexplained physical, emotional, or mental exhaustion or torment? Matt. 18:34		
Is there a reoccurring pattern of sin or difficulty in your life? Eph. 4:26, 27		
Do you have difficulty confronting others or receiving correction?		
Are your prayer unanswered or the presence of God lost?		

Note: Any one or even a combination of these symptoms could be explained by a number of reasons. However if the answer is yes to many of these questions, and you are not sure about having unforgiveness then you need to pray and ask God if there is unforgiveness.

### **FORGIVENESS PRAYER**

Lord, I forgive \_\_\_\_\_.

Lord, I give You permission to take the judgement and bitterness out of my life. I do not want this in my life - I surrender it to You and ask You to remove it - to heal me where I have been wounded, to forgive me where I have sinned. I choose not to blame or hold the actions of others against them. I hereby surrender my right to be paid back for my loss by the one who has sinned against me and in so doing, I declare my trust in God alone as the Righteous Judge.

Father God, bless them in every way. In Jesus' name, Amen.

## BITTER ROOTS: JUDGMENTS

Remember that our judgments against parents and other people show up in two primary ways

1. We wound others in the ways we were wounded.
2. We continue to experience a similar wounding to the ways we were wounded.

### Instructions

- **Turn to the Forgiveness and Blessing Worksheets One and Two**
- **Look at each of the ways you were wounded and ask yourself these two questions.**

*1. In this way that I was wounded, do I now wound others in similar ways?* (e.g. spouse, children, friends, etc)

Whenever you answer 'yes', put a check mark in the number 1 column on the right.

*2. In this way that I was wounded, do I now continue to experience a pattern of similar wounding or injustice from others?* (e.g. spouse, children, friends, etc.)

Whenever you answer 'yes', put a check mark in the number 2 column on the right.

Wherever you have placed a 1 or 2, you may have identified the reaping of a bitter root judgment. You may just know that you have a judgment and the person whom you judged. You may need to ask the Lord to show you.

### **Any place where you identify a bitter root judgment you will need to**

- Forgive the person who wounded you
- Ask God to forgive you for the judgment
- Bring it to death on the cross
- Ask God for an early warning system to see when we are tempted to old patterns
- Ask God to give us new responses that will bring life and blessing.

## BITTER ROOTS: EXPECTATIONS

Do you have certain negative expectations or conclusions about life, yourself, or your relationship with others and God that continue to be fulfilled? Bitter root expectations show up in how we think or speak. We may not be aware of an expectation as a bitter root expectation because to us it feels like the truth. Ask the Lord to speak to you where you expect things that are contrary to His love.

<b>Bitter Root Expectations</b>
Example: I expect that people will not see me as a blessing.
Example: I expect that I will have to work hard for everything I get.
Example: I expect men (or women) to. . .
Example: I expect close relationships with others to be painful (or burdensome, or. . .)
1
2.
3.
4.
From which parent or person did you learn this expectation?
1.
2.
3.
4.
<p>Wherever you have identified a bitter root expectation above, you need to</p> <ul style="list-style-type: none"> <li>• Forgive the person who wounded you in the way that caused you to expect this.</li> <li>• Confess to God the expectation, and</li> <li>• Ask for His forgiveness where you have made the expectation into the truth</li> <li>• Treat the expectation as a stronghold (see lesson on strongholds)</li> <li>• There may be people in your life whom you have treated unfairly because of the expectation and of whom you will need to ask forgiveness</li> </ul>

## BITTER ROOTS: JUDGMENTS ALTERNATE WORKSHEET

Remember that our judgments against parents and other people show up in two primary ways:

- A. We wound others in the ways we were wounded.
- B. We continue to experience a similar wounding to the ways we were wounded.

### A. Patterns in my life of how I wound others

Do you have a current pattern where you wound those who are close to you? This can be both hurtful things you do and through blessings that you do not give. Write down any pattern in your life of where you wound others. This may identify the reaping of a judgment.

1.

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2.

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3.

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4.

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### B. Patterns in my life where hurtful things continue to happen to me.

Do you have a current pattern of difficulty where you continue to experience a wounding or injustice from others? This can be both hurtful things that happen to you a blessings that continue to not be given to you. Write down any pattern in your life where you continue to be wounded. This may identify the reaping of a judgment.

1.

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2.

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3.

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4.

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**Who is the parent or person that I judged?** (Refer back to Forgiveness and Blessing Worksheet Two and Three)

A.1

B.1

A.2

B.2

A.3

B.3

A.4

B.4

