



Forgive and Live Lite Week 2

Step 1: Examine the Hurt (Week 4)

1. _____ what we are forgiving.
2. Differentiate between types of _____.
 - a. _____ - anything that is legally, morally or ethically wrong.
 - b. _____ - an event that reminds you of a past hurt that has not yet been healed. Usually produces an overreaction to the event.
 - c. _____ - a universal hurt that is similar to a past hurt that has not been healed.
 - d. _____ expectations – any expectation that is not voiced or agreed to prior.
 - e. _____ - not getting your way.
 - f. _____ - taking on someone else's offense.

3. Uncover the root cause of _____.

Anger is a _____ emotion. It usually covers over _____ and/or _____.

How we sin in our anger:

1. _____ Eph. 4:29-31
2. _____ Prov. 10:18

Anger with God is a _____ issue.

Anger at self is an _____ issue.

We can use anger/emotion as a _____ of our soul.

What to do with anger:

1. Get rid of the _____ anger produces.
2. Identify the _____ that caused the anger.
3. Identify the _____ the anger is covering.
4. Discover what this _____ indicates about your _____ with God.
5. Stop _____ it. Eph. 26 (TLB)