



BATHING IN THE HEALING OF FORGIVENESS

NOTES

and

Recommended Resources

THREE AREAS WE STRUGGLE WITH FORGIVENESS

1. Forgiving God (Questioning, Feeling Violated)
2. Forgiving Others (Expectations, Hurtful Words, Hurtful Deeds)
3. Forgiving Ourselves (Ruminating, Wanting to go back & do over, Depression)

B.A.T.H.E.

- B stands for Believe (in who God is; in God's holiness & mercy on us)
- A stands for Attitude (our response to God's forgiveness)
- T stands for Trust (growing in reliance on God & know His ability to care for us)
- H stands for Hand Over (continually releasing our hurts & anger)
- E stands for Endure (persisting in handing over troubles to God & seeking to forgive)

Recommended Reading:

The Gift of Forgiveness by Charles Stanley

http://www.christianbook.com/the-gift-of-forgiveness/charles-stanley/9780785264156/pd/64159?product_redirect=1&Ntt=64159&item_code=&Ntk=keywords&event=ESRCP

When You've Been Wronged by Erwin Lutzer

<http://www.christianbook.com/youve-wronged-moving-from-bitterness-forgiveness/erwin-lutzer/9780802488978/pd/88978?event=CF>

Recommended Viewing:

“John Piper Interviews John Knight”

<http://www.desiringgod.org/resource-library/interviews/john-piper-interviews-john-knight-part-1>

Recommended Listening:

K-LOVE - Sanctus Real "Forgiven" LIVE

<http://www.youtube.com/watch?v=XCrpnnl7mfY>

“Lord Have Mercy” by Michael W. Smith

<http://www.amazon.com/Lord-Have-Mercy/dp/B00136PM44>