

# Fearless and Free

November 21, 2025

## GROUNDING

### I. The Barrier of Un-forgiveness

It's time for us to WAKE UP to the truth that we cannot \_\_\_\_\_ and hold on to \_\_\_\_\_ and \_\_\_\_\_ if we want to live FEARLESS AND FREE.

What does forgiveness mean?

- \* It is saying that you will no longer \_\_\_\_\_.
- \* It is letting go---refusing to \_\_\_\_\_ or \_\_\_\_\_ the hurt.
- \* It is no longer wanting to \_\_\_\_\_ because he or she hurt you.
- \* Forgiveness is not a one-time thing. As we learn new things about how the hurt is affecting us, we have to \_\_\_\_\_.

What does forgiveness NOT mean?

- \* Forgiveness does not mean \_\_\_\_\_.
- \* Forgiveness does not \_\_\_\_\_ with God.
- \* Forgiveness is not the same as \_\_\_\_\_ what the person did to you, or allowing them unlimited access to you to do the same thing again.

### II. The Barrier of Pride

The lies underlying ungodly self-reliance (pride):

I don't need \_\_\_\_\_. It's all up to \_\_\_\_\_.

### III. The Power of Confession

One of the best ways for us to figure out what we need to confess is to follow the trail left by the \_\_\_\_\_ of \_\_\_\_\_ .

IT'S IMPOSSIBLE TO SELF-\_\_\_\_\_ AND \_\_\_\_\_ AT THE SAME TIME.

### IV. How Hurt Leads to Pride

A common sin that results from the wounds of rejection, fear, and abandonment is pride, which is self-reliance. The sin perpetuates the \_\_\_\_\_, which perpetuates the \_\_\_\_\_. It is a vicious cycle.

“Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory!” (Ephesians 3:20-21)

### Discussion Questions

1. Think of a time in your life when you found (or are finding) it hard to forgive. What was (or is) the greatest obstacle? What did you learn from the talk in terms of what forgiveness is and is not?

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2. What do you think of the statement “It’s impossible to love and self-protect at the same time”? Do you find that you are guarded in some of you most important relationships?

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3. Can you identify any lies that you agreed with during moments of pain and suffering in your life? Do you see evidence of a wound formed in your heart as a result?

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