

## **Module 5 Instructions**

Welcome to Module 5 on your path to freedom. Please follow these instructions before moving on.

This module includes the following.

- Video 5
- Forgiveness worksheet
- Learning to forgive handout
- Lie Truth
- Lies Worksheet

Here are the instructions for module 4 -

- Watch Video 5 before starting your journey.

Now we are going to begin two very important processes. Notice that I call them processes and not tasks. These should become part of your regular Christian disciplines as you follow Christ.

You should begin by documenting lies and negative thoughts using the Lies Worksheet. It is now time to find the truth of God's word to replace the lies of the enemy. It can be very helpful to have a coach at this point. Lies are deceptions. When you are deceived it may be difficult to see the lie and accept the truth without some help. Use the Lie Truth worksheet to list the truth next to the lie. Now you must renounce the lie as a lie and accept the truth of God's word in its place. Do this out loud as a declaration of your decision. Continue to renounce each lie until you truly believe the truth. You may have to do this for many days.

It is now time to begin forgiving those who have hurt you. Follow the guidance on the Learning to forgive handout. For each person you should list each offense and how it made you feel. Offenses impact us emotionally and so should forgiveness. Do this daily until your emotions toward that person change.

You decide when your forgiveness is complete. Remember that you can ask

for a coach at any time by sending an email to [terry@sunministries.org](mailto:terry@sunministries.org) with the word COACH in the subject line. Your freedom in Christ is waiting for you!