

HEALING AND FORGIVENESS

The Secret Sauce

(SUPPLEMENTAL TEACHING)

FROM HURT TO HEALING, FROM APPLES TO ORANGES

ROOTED
IN TRUTHHEALING
IN PROCESSFRUITFUL
ON PURPOSE

"Sometimes what we think is fruit is really a response to our pain. Healing allows us to stop producing apples and start living as the tree we were always meant to be."

THE ORANGE TREE MOMENT

For a long time, I thought I was an apple tree—producing apples as a result of my pain, my wounds, and my need to survive. I thought the fruit I was producing was good. But when I finally looked in the mirror, I realized I was really an orange tree. Through healing and forgiveness, I can stop producing fruit from my hurt and start producing the fruit I was always meant to produce.

**WHAT FORGIVENESS IS**

Acknowledging what happened without allowing it to control my present or future.

A decision to release what I no longer need to carry.

Choosing freedom over bitterness.

Creating space for the fruit I was always meant to produce.

**WHAT FORGIVENESS IS NOT**

It's not saying what happened was okay.

It's not forgetting.

It's not automatically trusting again.

It's not the same as reconciliation.

It doesn't remove consequences.

It doesn't mean allowing continued access.

**WHY FORGIVENESS MATTERS**

It breaks the cycle of pain.

It frees my present from yesterday.

It allows me to take ownership of my future.

It helps me become who I was always meant to be.

It produces the fruit God intended for my life.

**REFLECTION QUESTIONS**

- 1 Who am I still carrying?
- 2 What have I believed forgiveness would require me to do?
- 3 Have I confused forgiveness with reconciliation or renewed access?
- 4 What fruit am I currently producing and where is it coming from?
- 5 What would it look like to fully release what I've been holding and produce the fruit I was always meant to produce?

"My healing cannot require somebody else's awakening."

**FREEDOM
BEGINS WHEN
I CHOOSE DIFFERENT
FRUIT.**

**MY NEXT STEP**

- ☐ I will identify what I am still holding.
- ☐ I will choose to release it.
- ☐ I will stop producing fruit from my pain.
- ☐ I will make room for the fruit I was always meant to produce.
- ☐ I will walk intentionally into Rebuilding and Becoming.

*Different Fruit.
A Brighter Tomorrow.*

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BECAUSE I HAVE BEEN FORGIVEN... I CAN FORGIVE.

Matthew 6:14-15 NKJV

"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

THE EXAMPLE OF CHRIST

Even in His greatest pain, Jesus demonstrated forgiveness.

Luke 23:34 NKJV

"Then Jesus said, 'Father, forgive them, for they do not know what they do.'"

RECEIVING vs. GIVING

What forgiveness have I asked
God to give me?

Is there someone I am withholding
forgiveness from?

Do I extend to others the same grace
I have freely received from Christ?

Did I deserve His forgiveness?

FORGIVING MYSELF

What do I need to take
responsibility for?

What can I still repair?

What have I already changed?

Am I practicing accountability
or lifelong punishment?

What would it look like to fully
receive God's forgiveness for me?

WHAT CHRIST TEACHES

Ephesians 4:31-32 NKJV

"Let all bitterness, wrath, anger, clamor,
and evil speaking be put away from you,
with all malice. And be kind to one another,
tenderhearted, forgiving one another,
even as God in Christ forgave you."

Matthew 6:12 NKJV

"And forgive us our debts,
As we forgive our debtors."

REFLECTION

Who am I being asked to forgive today?

What is God showing me about my heart?

Where do I still need His help to release
what I've been carrying?

How can I walk in obedience and freedom
through forgiveness?

If Christ has forgiven me,

**WHAT AM I BEING ASKED
TO RELEASE TODAY?**

It's not over.

UNDERSTANDING WHO YOU ARE, UNDERSTANDING WHO YOU WERE,
AND IF YOU'RE READY, BECOMING WHO YOU WERE ALWAYS MEANT TO BE.