

Each One! Bless One!

eBlessings' Bible Class Lessons

You Can Make a Difference!

Bible Class Lesson Twenty:

GROWING YOUR SPIRIT SOUL

Chapter Five

Let It Go!

Key Scripture:

“¹⁴For if ye forgive men their trespasses, your heavenly Father will also forgive you: ¹⁵But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.”

**Matthew 6:14-15
(Matthew 18:35; Mark 11:25)**

Lesson Objective:

To increase our spiritual growth by getting control of our emotions and responding to daily situations, accusations, and negative circumstances by living through that experience the experience Christ Jesus would exhibit. To help us understand that unforgiveness can hinder our prayers from being answered and keep us out of Heaven and out of our Father's Will. To move us to be lights shining daily for our Father by following The Teachings and the example of our Messiah.

Lesson:**Let It Go!**

Let it go! Let go and let love conquer all. That is often easier said than done. Why is letting it go so important? Before you offer your prayer up to Jesus or to our Heavenly Father, you must 1) ask for forgiveness of your sins, and 2) remove any unforgiveness from your heart or ask Jesus to remove it.

“²²But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. ²³Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; ²⁴Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.”

Matthew 5:22-24

Let go of your inhibitions. Let go of your resentments of yourself and of others. Let go of your shortcomings; you are who you are. Let go of your bitterness, envy, hate, jealousy, shame, and any and all negatives in your life, in your body, in your spirit/soul, in your spirit soul. Let go of petty differences. Turn it all over to Christ Jesus! Let Him have it. Forgive us of our trespasses, as we forgive. He can handle it. Release yourself, in releasing others. Grace for grace.

“And of His fulness have all we received, and grace for grace.”

John 1:16

The battle is not ours; it is the Lord's. Confess your sins to the Lord, forgive others, have grace upon them and make an attempt to live a life of holiness.

QUESTIONS:

1. Why do you want to forgive people of the negative things they have said and done to you or your family?
2. Why will Father God not forgive you of your sins?
3. Give one example of how you lost control of your emotions and the result thereof.
4. Can our not forgiving others and ourselves keep our prayers from being answered? Give an example of this in the Teachings of The Messiah.
5. How do we let go and let love conquer the negative problems, which we encounter?
6. Why is it important to ask the Heavenly Father to forgive you of your sins and to remove unforgiveness from you before you pray or begin your prayer request?
7. Why is it important to let go of all the negative parts of your life?
8. Explain how to let things go and turn them over to Jesus.
9. What does it mean to release yourself when you release others?