



Dr.Dye’s Lesson Re-Cap| 03/17/24|The principles of forgiveness.

The following is a lesson recap of Dr. Dye’s (Part 2)

“Angry without a cause”

“The principles of forgiveness!”

“If you hold to my teaching, you are really my disciples.”

“Then you will know the Truth, and the Truth will set you free.”

(John 8:31-32)

*Sistars Happy Women’s History Month! This is a month for us to rejoice!
If God is directing your path then God already knows what’s in your path
and he will bring you through it!*

*Sistar your circumstances don’t dictate your outcome!
Sit in your seat and get the blessings that belong to you!*

III. The Process of behavior (How do you talk to yourself?)

Something happens to you and the feelings you have are how you begin to talk to yourself.

When you believe that behavior is the result of an event. But it is not the event that determines how you react to it, but what you tell yourself about what happened.

*Sistar your behavior is determined by what you tell yourself- **Your Self Talk!***

- ✚ Part of living the abundant life is walking by faith and not walking by your feelings.
- ✚ Faith will never catch your feelings, but feelings will catch your faith.



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- ✚ The mind controls the direction your body will go; what you tell it is what it will follow.
- ✚ Stop thinking about those things that will keep you in the sewer.
- ✚ Stop hanging on to the things that happened in the past; give your care to God!
- ✚ Put it off Sistar!
- ✚ Whenever your anger triggers are present you must learn how to put off that which will hold you hostage.
- ✚ Your brain is connected to every part of your body; whatever is in your mind, will come out.
- ✚ Just as the brain controls the physical body; you sistar are controlled spiritually by your thoughts.
- ✚ Detach from the old and Attach into the new.
- ✚ Sistar you must have a new attitude; change the way you behave and process.
- ✚ Step out by faith and allow God to control your thoughts.
- ✚ Satan tries to attack your mind and prevent you from being able to let go!



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Sistar Review Worksheet#1



WORKSHEET 1

HOW DO YOU TALK TO YOURSELF?

People believe that behavior is the result of an event, but it is not the event that determines how you react to it, but what you tell yourself about what happened. Your behavior is determined by what you tell yourself --- your SELF TALK!!

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|---------------|---|
| 1) EVENT: | Could be from the past. |
| 2) SELF-TALK: | What you tell yourself about what happened. |
| 3) FEELINGS: | How you feel about what you have told yourself. |
| 4) ACTIONS: | Response -- based on the Word of God; Reaction -- based on your feelings. |
| 5) BEHAVIOR: | The result of your actions. |

Based on what you tell yourself about the incident will determine your feelings. Since your actions are based on your feelings, your actions will reflect your feelings which reflect your self-talk about the incident which happened. All this is based on your emotions and not the actual event.

An actual event may have happened years ago -- but when you THINK about the incident or the person who may have caused the incident, what do you tell yourself? And what are the resultant feelings? And what are your actions? The incident is still in your mind, and when you think about it, even though the incident happened years ago, you may have the same emotional response based on your self-talk.

Self-talk is important Sistar!

- ✚ Your behavior changes based on how you perceive!
- ✚ Sistar you weren't designed to carry mental weights.
- ✚ Remember Paul's words "There is nothing that will separate you from the love of God"!
- ✚ Nothing= No Thing!
- ✚ Sistar you are more than a conqueror through Christ Jesus!
- ✚ It's the power you receive in Christ that allows you to do all things!
- ✚ Extend forgiveness to yourself and move forward in Christ!
- ✚ God has forgiven you because Jesus did it all while on the cross.
- ✚ Sistar you are living in a place of grace and love; because of that love you can forgive!
- ✚ Take a moment to thank God as you go through your Christian Journey!
- ✚ Truth will set you free indeed(in truth) ...Let things go!



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WORKSHEET 2

(D.M. Dye, Christian Clinical Counselor)

FORGIVENESS/UNFORGIVENESS

WHAT IS FORGIVENESS?

1. Forgiveness is a positive response to a negative situation.
2. Forgiveness is getting rid of offenses.
3. Forgiveness is healing.
4. Forgiveness is to "give for."
5. Forgiveness is getting rid of bitterness.
6. Forgiveness is pulling walls down.
7. Forgiveness is being set free from the bondage of anger.

If you hang on to a memory which generates anger, then you have not forgiven.

Forgiveness is a process – a choice. You "choose" to forgive, or you "choose" to hold on to anger.

WHAT IS UNFORGIVENESS? WHAT DOES IT DO?

1. Unforgiveness is unresolved anger.
2. Unforgiveness causes you to nurture and feed the resentment. You are being controlled by anger and hurt, and all of your relationships are based on past anger.
3. Unforgiveness causes you to filter present circumstances and relationships through your anger.
4. Unforgiveness causes physical problems. It has been medically determined that 75-80% of all illnesses result from unforgiveness and anger.



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When you forgive someone (yourself included) you are setting yourself free to move forward.

CAN YOU FORGIVE AND FORGET?

What does it mean to forget? What does it mean to forgive?

- Forgive: to give up resentment against someone.
- Forget: to disregard intentionally; to overlook;
- Resentment: long-lasting, smoldering ill will; hurt; wounded; offended;
- Anger: an emotion which means "to strangle."

Unforgiveness is unresolved anger. What will anger do if it is not put off?

1. Anger causes you to seethe (boil) inside;
2. Anger causes violent reactions.
3. Anger causes emotional hurt to you and others.
4. Anger causes mental anxiety.
5. Anger can increase the risk for heart disease, high blood pressure, ulcers, and other illnesses.
6. Anger directly relates to unforgiveness.
7. Unresolved anger will cause you to lose your soul.
8. Anger will cause others around you to be defiled.
9. Unresolved anger will cause a root of bitterness to spring up in your heart.



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Sistar your unwillingness to forgive leads you to the P.I.T.

Will you handle the anger or allow the anger to handle you?

Identify your anger triggers!

Develop a purpose plan for when anger triggers arise!

Give your anger to God and walk in love!

Release yourself from those things that hold you down!