

## Lessons Learned

### How To Forgive When You Can't Forget – Part 2

#### 1. Remember what this is costing me

*Every time I hold on to an offense created by anyone, I choose to leave the party (Joy, Love, Peace)*

#### 2. Forgiveness and justice go hand in hand

*Read Matthew 18:15-20*

#### 3. How do I \_\_\_\_\_

a) I make the \_\_\_\_\_

**Luke 11:2-4** *Father, may your name be kept holy. May your Kingdom come soon. Give us each day the food we need, and forgive us our sins, as we forgive those who sin against us. And don't let us yield to temptation.*

b) \_\_\_\_\_

- Get all the pain out
- I transfer the debt to God

**1 Peter 2:23** *He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.*

- Pray the words

**Luke 23:24** *Jesus said, "Father, forgive them, for they don't know what they are doing."*

KEY: Forgiveness is \_\_\_\_\_

c) I make \_\_\_\_\_

**Proverbs 19:11** *A person's wisdom yields patience; it is to one's glory to overlook an offense.*

- I will not bring this \_\_\_\_\_
- I will not bring this \_\_\_\_\_
- I will not bring this \_\_\_\_\_

Replace it with \_\_\_\_\_

## How To Get Your Pain Out Through Journaling

- Write out the date
- Detail what happened and what it cost you
- Use an emotions chart to identify what you feel
- Remind myself that this is a fellow sinner just like me

*Father I was really hurt by what \_\_\_\_\_. You have told me to forgive as I have been forgiven. So I am transferring this debt to you. You own it now. This person owes me nothing. I trust in you. Please bring healing to this hurt as I forgive them.*

### What if you get stuck when forgiving?

- Ask God if there's anything He wants you to do
- Have I really fully looked at how much I was hurt?
- Write them a letter of forgiveness (even if you never send it)
- Consider if this is an idol

**1. Forgiveness has to do with the past.** Forgiveness is not holding something someone has done against her. It is letting it go. It only takes one to offer forgiveness. And just as God has offered forgiveness to everyone, we are expected to do the same (see [Matthew 6:12&18:35](#)).

**2. Reconciliation has to do with the present.** It occurs when the other person apologizes and accepts forgiveness. It takes two to reconcile.

**3. Trust has to do with the future.** It deals with both what you will risk happening again and what you will open yourself up to. A person must show through his actions that he is trustworthy before you trust him again (see [Matthew 3:8](#); [Proverbs 4:23](#)).

### 3 Steps toward Reconciliation

- 1) Demonstrating genuine repentance
- 2) Restitution where and when possible
- 3) Rebuilding trust. Rebuilding trust takes time

*To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you. Cs Lewis*