

Choose Forgiveness

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 ...and forgive us our sins, as we forgive those who sin against us.

b) _____

- _____

Key: _____ the people who hurt you

- Transfer the _____

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.*

- _____

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 _____

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
- Am I thinking of them as a human with problems just like me?

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

Have I forgiven them from the heart?

_____ I don't still dwell on the offense

It does not dominate my thoughts or emotions

I don't keep replaying it with bitterness

_____ I don't secretly hope for their downfall

I don't take pleasure when bad things happen to them

I am not wishing for them to "get what they deserve"

_____ I can genuinely pray for them

I can ask God to bless them

I sincerely want them to experience God's grace and healing

_____ I don't bring up the offense to hurt them or others

I am not reminding them of their mistake to punish them

I am not gossiping about it to others

_____ I don't let resentment control my interactions with them

I don't act passive-aggressively or hold back kindness

I treat them with the same love and grace that God has given me

_____ I have released my right to revenge

I trust that God is the ultimate judge

I no longer feel the need to make them "pay" for what they did

_____ I have peace when I think about them

I no longer feel bitterness, anger, or hatred when I remember them

_____ I no longer define them solely by their mistake

I recognize that they are more than their offense

I acknowledge that people (including me) can grow and change

_____ I am willing to reconcile if appropriate

If it is safe and healthy, I am open to restoring the relationship

_____ I have left justice in God's hands

I trust that God will handle things fairly, whether in this life or the next

My focus is on healing and moving forward, not on getting even