

The lesson of forgiveness

- The lesson of loving when it's hard to love

To be able to say it's alright

- I know what you have done
- I still love you
- I still think of you as significant in my life
- I care about you
- I will take you back

Seems impossible or
incredible?

You can do it with God's help

Possible suggestion

- Three stages of forgiveness
 - Hurting involves emotional pain
 - Hate and anger hurts you
 - Healing must occur before reconciliation

Portions of this workshop material adapted from Lewis Smedes

Forgive Because:

- Be fair to yourself
- Get control of you life
- Don't let memories control you
- Forgive the person not the action
- Forgive selectively

Specific guidelines

- Ask God to lead you in the process
- Be specific
 - Use verbs not nouns
- Be patient, it takes time
- Prime the pump
 - Say it before you believe it
- Learn to forgive yourself
- Forgiveness is God's invention

However, don't do this

- Forgive too quickly
- Wait too long
 - Becomes harder to do
- Wait for repentance
- Demand a Hollywood ending
- Make it a duty
 - Its out of opportunity