



Forgiving Correctly

1. What are the consequences of unresolved hurt and anger?
2. Unresolved hurt and anger may lead to many types of defenses such as:
3. Is anger a valid emotion for a Christian to have?
Ephesians 4:26
4. What are we commanded NOT to do with our anger?
Ephesians 4:26-27
5. What are we to do with our anger?
Ephesians 4:31 and Colossians 3:8
6. What are we called to do? And who is our standard or example to follow?
Ephesians 4:32 and Colossians 3:12-13
7. How did God forgive us?
Colossians 2:12-14
8. What happens to our offenses when we are forgiven by God?
Psalm 103:12, Isaiah 43:25, and Jeremiah 31:34
9. Forgiveness is not...
 - Not feeling angry any more.
 - Justifying, rationalizing or explaining away one's rejecting behavior.
 - Letting the passage of time take care of the hurt.
 - Forgetting.
 - Asking God to forgive them through me.
 - Denying or acting as if it never happened or didn't hurt.
 - Asking them to forgive you.
 - Being reconciled or restored to a proper relationship.
 - Forgiving the offender face to face.
 - Baking a cake, being nice, or turning the other cheek.

*** Forgiveness is an act of my will, a choice!**

Forgiveness is a gift we do not deserve
 Forgiveness is canceling the debt owed
 Forgiveness is received from God as a gift and to be passed on to others
 Forgiveness is freedom from personal torture and inner torment

Try a forgiveness exercise along with these steps:

1. Acknowledge the hurt
2. Acknowledge how it made you feel
3. Release the person
4. Accept the person unconditionally
5. Be willing to be hurt again

What if the person hurts me again? Keep accounts at zero
 What if the person never changes? God's problem
 What if I forgive and my feelings don't change? God's problem

Write down the person, event and how you felt during the deepest hurts of your life. Then, choose to forgive each one by walking through steps in #11.

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