

## **FORGIVENESS: GETTING BEYOND YOUR PAIN AND PAST**

*with Dr. David Stoop*

### **Forgiveness = to cancel a debt.**

*Colossians 2:13 - 14: "You were dead because of your sins...He forgave all our sins."*

He cancelled our debt by nailing it to the cross.

### **Forgiveness is a part of being obedient.**

Colossians 3:13

Ephesians 4:31-32

Matthew 6

Matthew 18

### **5 reasons why we don't forgive:**

- We believe that it is a mark of "spiritual maturity" to forgive quickly.  
(How long should it take?)
- We believe that if we still remember we haven't really forgiven.
- We believe that if we forgive, we are condoning the evil.
- We forget how much we've been forgiven by God through Christ.
- We confuse forgiveness with reconciliation.

**Forgiveness is 'unilateral'** – I do it myself; I don't need another person.

**Reconciliation is 'bilateral'** – it requires us both be in the process.

I must forgive – reconciliation is optional.

False reconciliation: \_\_\_\_\_

\_\_\_\_\_

**Who do you need to forgive?**

**How?**

**Grieve what was lost.**

**Cancel the debt: unconditional forgiveness!!**

**Do it in a letter that is never delivered.**

Finish it with a paragraph of unconditional forgiveness.

**Do something symbolic to commemorate your feeling.**

**Consider forgiving yourself as well.**

*There is freedom and healing in forgiveness.*