

## the POWER of



# FORGIVENESS

Elders Bruce and Angela Smith, Presenters Wednesday, April 26, 2023 | New Mercies Christian Church



## **WHAT IS FORGIVENESS?**

- In Hebrew it means to pardon.
- In Greek it means to let go.
- Some psychologists and counselors define forgiveness as a conscious, deliberate, and voluntary DECISION to let go and release feelings of resentment and vengeance; and as the giving up of any claim to be compensated for the hurt or loss suffered.



#### WHAT FORGIVENESS IS NOT

- It's not a feeling.
- It is not contingent on the other person.
- It is not forgetting.
- It is not condoning negative behavior.
- It is not excusing the offense.
- It is not reconciling.
- It is not trusting.

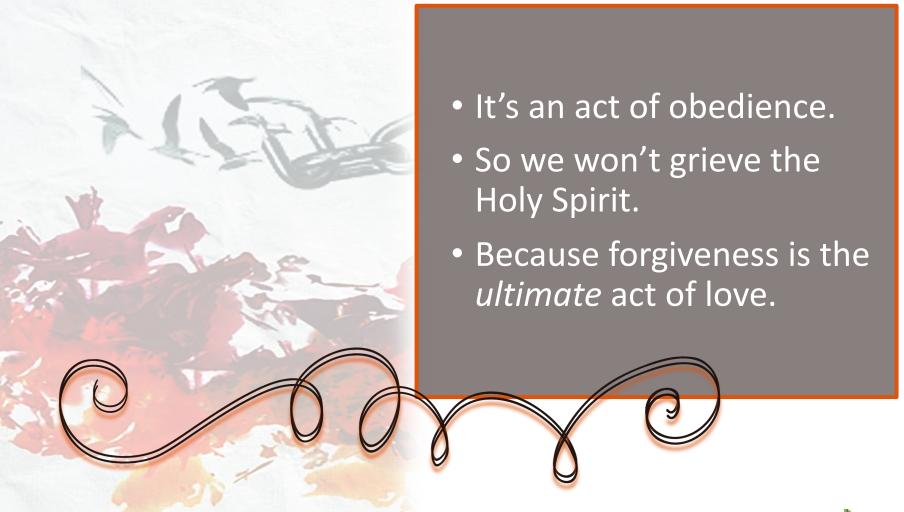


### THE EFFECTS OF UNFORGIVENESS

- Causes health issues.
- Interrupts our fellowship with God.
- Interrupts our fellowship with our spouse.
- Gives an invitation to Satan.
- Unforgiveness creates inner-vows.



#### WHY DOES GOD COMMAND US TO FORGIVE?





## THE BENEFITS & PROCESS OF FORGIVENESS

#### The Benefits

- We have fellowship with our spouse.
- Forgiveness brings healing
- Forgiveness allows you to live in the present.
- Forgiveness allows God to fight your battles.
- We have fellowship with our heavenly Father.



#### The Process: 6 Steps

- 1. Admit what you did was wrong or hurtful.
- 2. Try to understand/empathize with the pain you have caused.
- 3. Take responsibility for your actions and make restitution if necessary.
- 4. Assure your partner you will not do it again.
- Apologize and ask for forgiveness.
- 6. Forgive yourself.

### THE BENEFITS & PROCESS OF FORGIVENESS (cont..)

#### **6 Steps for Granting Forgiveness**

- Acknowledge your pain and anger. Allow yourself to feel disrespected.
- 2. Be specific about your future expectations and limits.
- 3. Give up your right to "get even," but insist on being treated better in the future.
- 4. Let go of blame, resentment, and negativity toward your partner.
- 5. Communicate your act of forgiveness to your partner.
- 6. Work toward reconciliation (when safe to do so).

