

RELATIONSHIP:
the **POWER** of

FORGIVENESS

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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?

- It's an act of obedience.
- So we won't grieve the Holy Spirit.
- Because forgiveness is the *ultimate* act of love.

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.
5. Apologize and ask for forgiveness.
6. Forgive yourself.

THE BENEFITS & PROCESS OF FORGIVENESS (cont..)

6 Steps for Granting Forgiveness

1. 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).