

Forgiveness

Forgiveness is NOT saying “what this person did to me was okay.” No, forgiveness is saying “what this person did to me was wrong, but I let go claim of it and I put it in Jesus’ hands for Him to deal with it as He wishes.”

Formula for Concretely Forgiving Someone:

In the Name of Jesus Christ, I forgive (first name) for _____, _____, and _____. And, I ask the Lord to bless him/her.

Every time I choose to concretely forgive them, the HEALING will go just a little bit deeper.

EVERY time the memory of the hurt comes back, I have a CHOICE to make: Am I going to give into the temptation to anger or feeling sorry for myself? OR INSTEAD, am I going to CHOOSE to concretely forgive them again?

“How many times do I need to forgive them? 7 times?” No, Jesus tells us 70 times 7 times. Thus, every time the memory comes up I need to choose to concretely forgive them again.

When feeling sorry for myself or anger, then pause and ask, “Do I feel hurt by someone?” If so, then I need to choose to concretely forgive them again.

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