

Forgiveness

(healing through forgiveness)

Forgiveness can be offered to anyone regardless of their participation in the process. Forgiveness involves the following steps.



1. Acknowledge the debt (hurt) and its impact. Acknowledge what happened. Do not hold back, minimize, or generalize. You can only forgive what is acknowledged.



2. Choose to forgive. Choose to forgive, and relinquish the right to punish, judge, or condemn and hand the debt to Jesus. Take time to consider what you are relinquishing and make the choice when you are ready.



3. Ask Jesus for healing and comfort. Consider how you were personally impacted by the other person's words or actions. There is often a wound that needs healing. It is very important that this wound is acknowledged. Ask Jesus for help, comfort, and healing. Trusted friends, a pastor or a counselor can also help.



4. Offer something positive. When you are ready, consider how you can bless the other person. A starting place is to show empathy or compassion. You may choose to go further and pray for them and ask God to bless or help them.

It is important to allow yourself time to walk through these steps at your own pace. For some, it may take a few minutes and for others it may take more time.

*“You, Lord,
are forgiving
and good,
abounding in
love to all who
call to you.”*

Psalm 86:5