

Staying Married: A Politically Incorrect Guide

How Do I Forgive?

How Do I Forgive?

- It's Sometimes Difficult To Forgive
 - Memories
 - Scars
 - Permanent damage (physical or emotional)
 - Loss of life
 - Loss of job or career
 - Loss of relationships
 - “But he did this...” “She did that....” “You don't understand how hurt I am.....”

How Do I Forgive?

- The Consequences of “unforgiveness”
 - Misplaced anger
 - Divisive rage
 - Lingering bitterness
 - Lose the capacity to love as God desires for us
 - Remain in a state of constant turmoil and conflict
 - We remain living in “the past” robbing us of present joy of life
 - Exerts a dangerous effect on every relationship we have

How Do I Forgive?

Forgiveness is a process

- Step 1 – Confront the need to forgive
- Step 2 – Choose to forgive
- Step 3 – Reframe the context and the offender
- Step 4 – Finding meaning through the

How Do I Forgive?

- Step 1—Confront the need to forgive
 - Recognizing we are mentally rehearsing the hurtful incident(s) over and over again
 - Intrusive, pervasive, thoughts occupy much of our waking existence
 - Mentally revisiting the events
 - Aware of the pain, aware of the emotional distress, anger, depression, rage, “I’m stuck”
 - Old strategies are not working

How Do I Forgive?

- Step 2—I choose to forgive
 - We can decide to forgive
 - God has forgiven me, “I am in need of forgiveness”
 - “Choice” is a powerful, liberating, tool
 - “Choice” is available to all

How Do I Forgive?

- Step 3—Reframe the perpetrator and consider the broader context of the offender.

Neglected?	Disenfranchised?
Abused?	Psychotic?

How Do I Forgive?

- What Happens When We “Reframe?”
 - Gain new insights
 - Develop empathy
 - Develop early stages of compassion
 - We embark on a journey of inner healing
 - We become more equipped to love, show tenderness, and patience toward others and ourselves

How Do I Forgive?

- Step 4—Finding Meaning Through the Tragedy
 - “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives” Genesis 50:20

How Do I Forgive?

- Finding Meaning Through the Suffering
 - “How can I turn this around—take this hurt, this offense—and help others?”

How Do I Forgive?

- The Story of Joseph
 - Favorite son
 - Favored of God
 - Hated by his brothers
 - Target of murder by his brothers
 - Sold into slavery
 - Falsely accused of rape
 - Imprisoned

How Do I Forgive?

- “How could you allow this God?”
- “Why me?”
- “I don’t deserve this.”
- “Where are you God?”
- “Why did my brothers desert me?”
- “Is this my fault?”

How Do I Forgive?

- The Outcome
 - Joseph became a ruler in Egypt, place of high command
 - Managed all of the produce and grain
 - Devastating famine
 - Jacob sent his sons for grain
 - Confronted with his brothers once again

How Do I Forgive?

- Genesis 45:2-8
 - No revenge
 - No reprimand
 - No anger
 - No accusations
 - No berating
 - No condemnation
 - Not a victim
- “Is my father still living?”

How Do I Forgive?

- Genesis 50:19:21
 - “Joseph said to them, Do not be afraid, for am I in God’s place? As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive. So therefore, do not be afraid; I will provide for you and your little ones. So he comforted them and spoke kindly to them.”

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How Do I Forgive?

- Where are you today along the process?
- Who do you need to forgive?
- Who do you need to ask for forgiveness?
- How can your “tragedy” be turned around and used for good?
- How can you “preserve many people?”