

Chapter 1 : Does the Bible instruct us to forgive and forget?

I Choose to Forgive: An Intimate Journey with God. By Dianne B. Collard. Forward by Rev. Greg Asimakoupoulos The Collards were serving as missionaries in Vienna, Austria, when the phone call came, announcing that their eldest son had been murdered in Concord, California.

Many of my peers deemed Nicky to be a great, personable person. She wore her cross and proclaimed her faith in Jesus. Yet, I innocently agitated her weakness: In response, she tried to humble me even though I already felt humble. I did want to tell others about her. Have you found it difficult to get past the feeling of hurt? I just have to do it. It helps to realize this: Forgiveness is not some fluffy feeling. Would that be reasonable? Anger and resentment make people do horrific things. I shook my head as I read the following news story: Charles Martin called on Sunday afternoon, saying calmly: Today just blew it up. The high school freshman was pronounced dead at a hospital. Martin, 66, allegedly told police he had several times had problems with neighbors walking on his lawn. He remained jailed without bond Monday. His jailers said no attorney was listed for him. Neighbors said Martin lived alone quietly, often sitting in front of his one-story home with its neat lawn, well-trimmed shrubbery and flag pole with U. Joanne Ritchie, 46, said Mugrage was known as "a good kid. Union Township is near Batavia, about 20 miles east of Cincinnati, Ohio. I could not believe it! Waiting invites spiritual heartworm into our hearts. Grudges and heartworms possess lots of similarities: Dogs with heartworm appear healthy until the heartworms grow. People with grudges appear healthy until grudges explode. Parasitic heartworms enter dogs through seemingly minor "but irritating- mosquito bites. Unforgiveness enters the soul through the sting of offense. Over time, innumerable white worms tangle and squirm within the hearts of infected dogs. Eventually, the infected dogs die. People can eventually die from grudges, too. No wonder God makes it clear: But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Father forgive you your trespasses. Here is what he asked Jesus: How did Jesus reply? Well, He really brought home some reality in a story from Matthew Jesus answered him, I tell you, not up to seven times, but seventy times seven! Therefore the kingdom of heaven is like a human king who wished to settle accounts with his attendants. So the attendant fell on his knees, begging him, Have patience with me and I will pay you everything. But that same attendant, as he went out, found one of his fellow attendants who owed him a hundred denarii [about twenty dollars]; and he caught him by the throat and said, Pay what you owe! So his fellow attendant fell down and begged him earnestly, Give me time, and I will pay you all! But he was unwilling, and he went out and had him put in prison till he should pay the debt. When his fellow attendants saw what had happened, they were greatly distressed, and they went and told everything that had taken place to their master. Then his master called him and said to him, You contemptible and wicked attendant! I forgave and cancelled all that [great] debt of yours because you begged me to. And should you not have had pity and mercy on your fellow attendant, as I had pity and mercy on you? And in wrath his master turned him over to the torturers the jailers , till he should pay all that he owed. So also My heavenly Father will deal with every one of you if you do not freely forgive your brother from your heart his offenses. If you think that you cannot forgive someone, you can. Everyone, through the strength of Jesus, can forgive every offense. Well, countless Christians have forgiven murderers. For instance, the Nazis killed the family of Corrie ten Boom. Unforgiveness is as serious as the original offense. The Holy Spirit helps us forgive, if we receive His help. God forgave you and me. Tips for How to Forgive: Where would we be if everyone never forgave us? Meditate on what Jesus did to forgive us. Picture Jesus, bleeding on the cross, choosing to forgive you and me. When I think about that, I feel so humbled. How could I, after being forgiven, hold a grudge? Ask Jesus to empower us with His Spirit to forgive. Then, replace thoughts of judgment with thoughts of encouragement. This can take some practice. But it makes a lot of difference. Then something shocking happened: She matured as a Christian and became a great friend! I also forgave other people who hurt me only to have them become my friends. I would have missed out on super friends if I had held grudges! Holding grudges holds us back. Note from the Author: Think of it as an e-mail. Feel free to reply. At 22, she already has experience: At 20, she sang for President

Bush. Now, she is writing books for teens e. *Catching Faith Stealers in the Act*.

Chapter 2 : Why Do We Forgive?

And you were commanded to make the choice to forgive, but no one is going to make you do it. You are going to have to choose it. You will have to take responsibility.

On the other hand, choosing to forgive can de-escalate a cycle of conflict and preserve a valuable friendship. Below are three tips for parents to help their children build up their forgiveness muscle. Model forgiveness within the family The research review by van der Wal and her colleagues points to the importance of children learning about forgiveness within the family. Parents can teach their children about the value of forgiveness by regularly practicing it in their own lives. In a study by Gregory Maio and his colleagues, 95 British families mothers, fathers, and their to year-old children completed questionnaires about their forgiveness twice over the course of a year. Parents who were more forgiving toward their children at the start of the year tended to receive greater forgiveness from their children at the end of the year. Although our emotions can feel intense in those moments, our kids are looking to us to see the range of responses that are possible. Being able to talk them through your decision to take steps toward forgiveness can be especially powerful after they see you face adversity. In a study , Tila Pronk and her colleagues proposed that this is because executive functioning helps kids respond better to their strong emotions. Kids randomly assigned to a dramatic pretend play group practiced playing games such as walking around the room as if the ground were sticky, as if they were a baby, or as if it were cold; or playing a role such as a chef preparing a meal. Other kids were randomly assigned to two other groups for non-pretend play: Kids in the dramatic pretend play group were better able to manage their emotional distress after the experiment, compared to the non-pretend play groups. You can also teach kids how to take self-compassion breaks “to feel their feelings, remember that other kids get hurt, too, and be kind to themselves” when they are struggling with provocations from their peers. This coping strategy may help to buffer the stress they feel and place the possibility of forgiveness within reach. On the other hand, kids tend to be more forgiving when they give their friends the benefit of the doubt. Young kids might turn to their parents when they are not sure whether a peer harmed them on purpose, and that moment could be an opportunity to help children consider forgiveness. The researchers videotaped parents reading picture books to their children at home. Forgiveness might not be the first choice that grownups and kids think about because being hurt by family, friends, or peers can feel overwhelming. But choosing forgiveness helps kids to feel empowered by releasing them from the heavy burden of anger and vengeance. Greater Good wants to know: Do you think this article will influence your opinions or behavior?

Chapter 3 : The 5 Love Languages Quotes by Gary Chapman

I Choose to Forgive, Expanded Edition The Journey of Forgiveness that Results in Freedom The journey begins with a murder of a young man in the middle of the night in California and a telephone call to his parents, missionaries living in Vienna, Austria.

Her former work with the HeartMath Institute and Society for Organizational Learning enables her to bring transformative tools to her clients to build resilience and navigate change with more ease and grace. A native of St. Her two sons, Connor and Ian, and her husband, Jim are the loves of her life. Outside of her work in education, Regan is a writer and a intuitive with a focus and specialty in the healing arts. She had suddenly sensed the energy of love and forgiveness that was pouring out of me in real time, creating a momentary miracle. While these chaotic moments were common throughout my upbringing, I had realized over time that the only way to free myself from the pain in any moment like this was to transmute it through love. I knew what feeling victimized and deeply hurt by her felt like, for prior to having more internal maturity and self-mastery, I felt deeply hurt and caught up in the energetic turmoil that she would create. But in this instance and most that followed, I made a different choice. I chose deliberately to shift my reaction to her uncontrolled outbursts by loving through them. I simply focused my heart, connecting consciously to my breath and then self-generated feelings of love and appreciation for her. She had provided over the course of my life unparalleled, deep love and connection too, so I focused on that quality within her, and connected to feeling deeply grateful for that aspect of her. And what I then experienced from her, was her choosing differently. Instead of continuing to attack me, she stopped because in the presence of unconditional love from her daughter, she could only love too. This is the miracle of love and forgiveness; they are the ingredients for transformation and when one truly loves, one truly forgives. Those who know me well, who understand me and how I approach life, have asked me in a myriad of different ways a vital question: You can choose it, just like your favorite radio station that operates at the frequency of You can dial into the heart-centered emotional frequency of forgiveness, with sincere intent and daily practice. This vital lesson was first shared with me at Forsyth School where as a child from the age of three to 11, my inner life was fostered through daily meditation, Tai Chi, and lessons that taught me that my thoughts and feelings were my choice; we learned that there is always space between any sensory input and our reaction. And in that space lives freedom. I also learned key lessons about the nature of our physical systems; that every time your heart beats it generates an electrical wave or frequency, just like your favorite radio station. Your feelings determine the quality of your broadcast; feelings of love or appreciation for example, operate at a high frequency, and conversely feelings of frustration, anger, resentment operate at a lower frequency. As a psychic intuitive with profound experiences of love and loss, I have chosen to commit to a life of love. I have come to understand that the whole purpose of existence is to learn to do this. Just as the master teachers over the history of the human experience have taught, it is love that heals, transforms, and enables a joyful, meaningful life. And it is our collective purpose to embody this. And in order to do so we must forgive. Betrayal of a Best Friend. I have had my share of life circumstances where I have learned that the only way to heal myself, to truly take care of myself, to be an instrument of love on this planet at this time, is to forgive. Before making this choice, I lived with pain, feelings that had no resolution; living in a violent, chaotic home as a child left a traumatic imprint. But I have learned a profound truth that while your wounds are most likely NOT your fault, your healing is your responsibility. As an act of empowerment and healing I chose the path of unconditional love and forgiveness, first for myself and then as a natural extension to others who had hurt me. Growing up with her was marked by contrast, I lived the polarity that ran through her. The way I came to understand her over time was that the radio station, or emotional frequency that she operated from, was too powerful for her to self-manage. So from that power frequency she experienced great genius, psychic awareness, and a capacity to love larger than anyone I have known, but she also experienced uncontrollable negative emotion which at times led to brutality in how she communicated. She had no filter. And I had a choice: I chose to love and forgive but just like anything one learns to do, it is a process. Where would holding onto trauma, fear, and anger lead me? Would it

enable me to thrive? Would it enable any change in what had already occurred? So I chose to feel empathy for her suffering and forgive her for not being able to regulate the energy that ran through her. And I made this choice over and over again. As I consciously intended to truly love myself, I was led to the necessity of forgiveness. In order to create peace within and fully love myself, I learned first not to personalize what came out of her. I related her behavior to a wounded animal who was attacking out of some deeply felt need for survival. She simply needed to unload the energy out of her, it had nothing to do with me other than she felt safe enough in my presence to let it all out. And I consciously referred to love as my guidepost; love that I knew she felt infinitely for me and love for self. And while I could forgive her, some moments were certainly harder than others. In response, I harnessed the energy of love and forgiveness for her, but knew in my heart that I needed to put in place a boundary to protect my child. By modeling for her self-regulation, she could catch if you will, my frequency and use it to better enable her to act from a place of love. That is the power of forgiveness. Forgiveness creates the conditions for such miracles to happen. A profound example of this is my stepfather, who over the course of my life was abusive and violent in our home, acting out in frightening ways as a result of the unresolved pain he held from being abused and abandoned as a child. Over the years, I learned about the great trauma and abuse that my stepfather had experienced. From informed empathy I then moved to depersonalize his choices and focus on loving myself enough to forgive him. In choosing that, I could then have the internal resources to fortify my commitment to love; that impersonal, vastly beautiful agape type love, where you choose to recognize that love is the only energetic condition where healing and transformation can occur. This insight was then completely internalized within me after my psychic gifts returned as result of a dramatic reawakening. Just hours after my awakening, I called my stepfather to share with him what I had awakened to understand. A complete peace had poured into me that morning and I held nothing but complete love and forgiveness for him. From that moment to now, 25 years later, from that clear transmission of love and forgiveness for my stepfather, he remains changed; kind, gentle, thoughtful and grateful. Photo courtesy of Susan Van Gelder [susanvg on Flickr](#) Again, another miracle birthed from forgiveness. The energy of love, which I was holding and radiating to him, changed him. Having been fully loved and forgiven, he could heal and transform. My process with him began with informed empathy and then the energy of complete love and forgiveness did the rest. So, again, just like tuning into your favorite station, you just select love, empathy, and forgiveness as your operating frequency. It takes conscious work to do this, and the best way to begin is to have focused time each day where you tune into feelings of love and appreciation for something or someone. If you train your system to have love as its baseline frequency, then you are able to draw upon this energy more easily when faced with a stressful or traumatic experience. Learning how to do this has been the greatest liberating gift of my life, enabling me to transcend emotional pain by letting it go, by appreciating that like me, others often miss the mark. Yes, there are differences in manner of degree but the underlying principles remain the same. To choose forgiveness is to choose love and to stop carrying the burden of hurt by truly forgiving others, including myself. I have learned to accept that in my humanness I will still miss the mark, I will have trouble from time to time in fully forgiving or loving. But I also know that the sheer act of intending in this way will create more good than harm, and this truth both comforts and strengthens me. And so, it is my daily choice, my daily commitment, my daily practice to forgive, given that in either small or large ways each day we all can miss the mark. When you choose this, you choose to embody love. When you embody love, then forgiveness just flows and you create the energetic conditions for miracles to occur, while feeling both sovereign and empowered. I assume like me you have a laundry list of miss the mark moments where you were either the subject or the object. With the next one, how about choosing unconditional love and forgiveness as a response? From a place of sincere inquiry try and learn about the pasts of those who have hurt you; informed empathy can quicken your journey to forgiveness. And by choosing to feel the energy of love and sincere forgiveness, instead of the energy of resentment, anger, or frustration, you will feel better. And who knows, you may just find yourself witnessing a miracle in response.

Chapter 4 : 5 Ways to Forgive Yourself - wikiHow

You can choose to support a complete stranger and be the listening ear during their time of need. You can choose to release a situation—the pain, the hurt, the sadness, the anger. And more importantly, you can choose to forgive someone you never received an apology from.

Why Do We Forgive? Yet, forgiveness is a deeply personal act, one that demands careful thought and deliberation. Why do we forgive? Here are some science-backed and other reasons that may resonate. The researchers found that when assessing the moral character of people, humans cling to good impressions, yet readily adjust their opinions of those who have behaved badly. This flexibility, say the authors, could explain why people forgive, as well as why they may remain in unhealthy relationships. Women May be Better at Forgiving Than Men A study by the University of the Basque Country found emotional differences between the sexes and generations relative to forgiveness. Empathy Can Be Developed A study published in the Journal of Personality and Social Psychology found that when people learned that empathy is a skill that can be improved, and not a fixed trait of personality, they put forth more effort to experience empathy for other racial groups than their own. Researchers suggested these data point to potential leverage in increasing empathy on a broad scale. In particular, said the authors, self-forgiveness among older women was protective for depression, when the reported feeling unforgiven by others. Using forgiveness as a coping strategy may help reduce stress stemming from a transgression. Authors also suggested that forgiveness can affect health through relationship quality, religion and social support. Later research published in the Journal of Health Psychology looked at the effects of lifetime stress exposure on the mental health of young adults and found that greater levels of lifetime stress and lower levels of forgiveness each predicted worse outcomes in physical and mental health. This study, the first to elucidate the cumulative effects of severe stress and forgiveness on mental health, led authors to suggest development of a more forgiving coping strategy may be beneficial in reducing stress-caused disorders and conditions. In this self-help book, Enright who is also the co-author of Forgiveness Therapy and author of The Forgiving Life , both published by the American Psychological Association shows how people who have been deeply hurt by another can use forgiveness to reduce depression and anxiety at the same time they increase personal self-esteem and hope for the future. Enright points out that forgiveness does not mean condoning or accepting continued abuse, or reconciling with the abuser. Instead, he encourages us to give the gift of forgiveness, to confront and let go of our pain to regain our lives. Noteworthy in the growing body of empirical research on the subject of forgiveness is the powerful therapeutic effect forgiveness exerts on the forgiver. Forgiveness is a conscious decision to let go of feelings of betrayal and negative feelings towards others and releasing these hostile, angry feelings that are so self-destructive. Researchers found that even those with positive emotional health and well-being see improvements when they choose to forgive others. This demonstrates the power of forgiveness. Perhaps it is something deeply embedded in the human psyche, a survival mechanism designed to perpetuate the species. It is also uniquely human to forgive, a choice we freely make. Passionate about helping others live a vibrant and purposeful life, she writes daily for her website, www. She is a regular contributor to Psych Central. Why Do We Forgive?. Retrieved on November 9, , from <https://www.psychcentral.com/relationships/why-do-we-forgive/>

Chapter 5 : How to Help Kids Consider Forgiveness | GGM

To love as Jesus loved, not only are we to choose to fellowship; we are also to choose to forgive. The apostle Paul urged, Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

It can also be very difficult. It can be challenging to forgive someone who has hurt us. This sounds good in theory, but what about serious trespasses? Can we learn how to forgive those? Forgiving someone who has hurt or offended us is not the natural human reaction. The natural reaction is to harbor resentment and, sometimes, to try to get even. But learning how to forgive is not only the right thing to do, it is the healthy thing to do. It is also difficult in many cases. Forgiving someone else boils down to a choice for each of us. Actually choosing to forgive others can be a very challenging thing to do, and it requires thought about some basic concepts. The following ideas can help you learn how to forgive. Forgiving helps to heal our own human emotions. Forgiving others does not just help to heal their emotional wounds. It helps you in healing yours. According to an article on the Mayo Clinic website, the following benefits can be reaped through forgiveness: Forgiveness can lead to: Healthier relationships Greater spiritual and psychological well-being Less anxiety, stress and hostility Lower blood pressure Fewer symptoms of depression Lower risk of alcohol and substance abuse. Realize that forgiving does not mean that injustice will go unpunished. Forgiving is not synonymous with excusing wrong or hurtful actions on the part of others, and it does not mean that injustice will go unpunished forever. God is the One who ultimately decides what is fair and when justice will be done. Consider this statement from 2 Corinthians 5: And when people do us wrong, God does not want us to take vengeance or retribution on them. Notice the instruction Paul gave us in Romans. Note this statement from Matthew 5: When Peter asked how many times he should forgive someone, he asked if he should forgive seven times. Presumably Peter may have thought that number was more than adequate. The clear principle is that we should be willing to go on forgiving, and that there are no limits on how many times we should forgive. In another passage, Christ gave the parable of the unforgiving servant. The account is found in Matthew. In the parable, there is a servant who is unable to repay a very large debt, so his master commands that he be sold into slavery, along with his family, in order to repay it. The servant begs for mercy and receives it. Upon being forgiven, however, the servant goes out to ruthlessly collect much smaller debts owed to him, showing no mercy at all. Christ gave His own sinless life to forgive our sins! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you? Many times, people cause harm without really thinking or knowing it was wrong. If a person really knew it was wrong to cause offense, he or she would have most likely not committed the act. The truth of God is hidden from most people today, and the values and morals of God are not understood by most. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Paul is quoting from Psalm 4: Meditate within your heart on your bed, and be still. The healthy mind chooses to let go of negative emotions and anger. Forgiving comes down to a matter of personal choice. Many people choose not to forgive because they have the feeling that the wrongdoing will go unpunished or because an injustice will never be righted if something is not done about it. In fact, if you refuse to forgive and move on, you may actually punish yourself more than what the offending party has done to you. Consider the benefits and positive outcomes described above, and do yourself a favor.

Chapter 6 : How to Get From Bitterness to Happiness in 3 Steps

If you choose to forgive, I welcome you on an exciting journey of strength and courage. Where each and every step is an opportunity to forgive again and again. The triggers will creep up on you from all sorts of directions; a reminder of past hurts, the tone of someone's voice or words that you may overhear on the bus or on television.

Choose Forgiveness over Bitterness Ephesians 4: What would it be? Although these are awful sins, and many others might be noted, which would be the worst? Jesus told us that if we hate someone in our heart we are guilty of murder, but no one has been sent to the electric chair for hating another person. Instead of asking what is the greatest sin that a Christian can commit, we need to ask what is the most destructive sin that a believer can commit. In my experience, the most destructive of all sins is bitterness. Bitterness destroys people, families, and churches. Bitterness is an attitude that refuses to forgive offenses. Like a cancer, it grows until it destroys everything around it. So tonight the challenge is to choose forgiveness over bitterness. How can we do that? What if the hurt is deep and the pain is great? We can choose to forgive when we understand the basis for forgiveness. The Biblical Basis of Forgiveness. God forgave us when we did not deserve forgiveness. What seems logical is often contrary to the Word of God. Many folks believe that only good people will go to heaven Only bad people will go to heaven; because there is none good no not one! We need to understand that we are not forgiven because we deserve to be forgiven; just the opposite is true. God forgave us on the basis of His grace, not our works. We are commanded to forgive others even as God has forgiven us. How has He forgiven us? A Great Example of Forgiveness. Family relationships provide a great potential for bitterness. Their bitterness grew to develop into action against him. They plotted to murder him. They wound up selling him into slavery. They lied to their father about what happened to him. That seems extreme, but bitterness will lead to destruction of families. The man they had to deal with was none other than Joseph. When Joseph revealed his identity to them they were frightened at what would happen. Joseph was ready to forgive his brothers. He recounted to them how that God had brought all things together for good. What his brothers had done was wrong, but God took the wrong and used it to accomplish His will. How to choose forgiveness over bitterness. Forgiveness is not the same as denial. Sometimes we try to deny that we are hurt by someone. We may distance ourselves from certain individuals and act like nothing has happened. Joseph told his brothers, "You thought evil against me If we do not acknowledge the offense, then we cannot prepare ourselves to forgive. Do not leave God out of the equation. Our focus is on ourselves and the pain that we feel over the situation. We need to realize that God is not oblivious to what is happening to us. We should consider and ask ourselves what is God trying to accomplish through this event? God can take the worst things that happens to us and use them for His eternal purpose in our lives. Remember we are to forgive as we have been forgiven. Our willingness to forgive others is an evidence that God has forgiven us. The choice is ours. We can choose to remain bitter over what has happened in our lives, or we can choose to forgive. Think what it would have meant if Joseph had chosen bitterness. What about us tonight? Are there hurts that we have denied. Offenses which we have held on to?

Chapter 7 : Peace Center for Forgiveness and Reconciliation | Choose to Forgive

How To Forgive Someone Who Hurt You Deeply. 5 Days. Forgiveness is a choice, not a feeling. It is about choosing to cancel a debt owed to us. As God's children, we are designed to forgive, but making the choice to forgive may fly in the face of everything we are currently feeling.

Devotionals Daily August 9, Relationships are like competing in the Indy Relationships are complicated, high-speed stuff. The smallest misjudgment can cause us to spin out. To be successful in the Indy , you need a professional driver. Jesus said, Love each other as I have loved you. Much of what we call love is actually polite selfishness. We were never meant to do it on our own. Jesus Christ can give a power in your relationships that you never dreamed possible – power to love and grow, power so that you are not relationally worn down at the end of every day. What exactly will Jesus give you the power to do? Jesus is your example. The way He loves you models the way you are to love others. Choose to Fellowship To love as Jesus loved, we are to choose to fellowship. You can only truly love when spending time with others. We misunderstand and minimize the meaning of fellowship. Not only is the coffee better at the local Starbucks; usually the fellowship is too. True fellowship cannot be forced or scheduled; it must be chosen and accepted. Find someone who is making the attempt to follow Jesus in his or her life, someone you would actually enjoy being with. Choose to Forgive To love as Jesus loved, not only are we to choose to fellowship; we are also to choose to forgive. The apostle Paul urged, Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Someone has told them that forgiveness means forgetting – and they know they just cannot forget. No one could forgive if that was what forgiveness meant. Forgiveness means you let it go. You let go of your bitterness and your desire for revenge. Neither does forgiveness mean trusting a person to the extent that he or she can hurt you again. There is a vast difference between forgiveness and trust. But trust is rebuilt over time. If someone steals money from you, you forgive them as soon as you find out; but a lot of trust will need to be rebuilt before he or she would be left alone with your money again. Through your bitterness, that past pain hurts you over and over again. This bitterness hurts all of your other relationships, including your relationship with God. Jesus said, When you are praying, first forgive anyone you are holding a grudge against, so that your Father in Heaven will forgive your sins, too. If you are struggling to forgive, you are not alone. Jesus understands, and He gives you a prescription. At the end of the story, Jesus related what happened to the servant who could not forgive: I forgave you that tremendous debt because you pleaded with me. He goes straight to the heart of the problem and frankly declares that our refusal to forgive someone can always be traced back to a misunderstanding of our own need for forgiveness and grace from God. There is a breath of fresh air in this hard-to-hear truth. Talk about a hot seat! We all sit in private courtrooms every day, having to listen to a voice inside rendering a verdict on the actions of our lives. We all live with a verdict of guilty. Something in our past. Something in our thoughts. Some secret no one else knows. One of first promises I was taught as a new Christian was this verse from Scripture: God is faithful and reliable. God has plenty of good things He wants us to do, but these good deeds are a response to His grace and not a way to earn His grace. The apostle Paul wrote, You did not save yourselves; it was a gift from God. It was not the result of your own efforts, so you cannot brag about it. God has made us what we are. In Christ Jesus, God made us to do good works, which God planned in advance for us to live our lives doing. Start by receiving this gift. You receive this gift by offering to God a prayer of trust. I trust you to show me how to live the life you created me to live. Then respond by passing the gift on to others. Thinking about My Relationships Point to Ponder: The only way I can find the strength to forgive others is to embrace the fact that Jesus has forgiven me. How can I take my experiences of fellowship a step deeper? Who is the person in my life I need to forgive? Are you solving relationship problems by staying away from people? Are you salving with hurts and insults with bitterness? He is our example for healthy relationships. Come share your thoughts with us on our blog. We want to hear from you! He also teaches DriveTime Devotions, a daily ten-minute podcast with more than 26 million downloads. He and his wife, Chaundel, have three children and six grandchildren.

Chapter 8 : What if I choose to forgive? - Radiant Creator

Forgiveness is a gift you give to yourself, to be at peace, to be happy and to be able to sleep at night. You're not doing this for them, you're doing it for yourself, to set yourself free from the feelings of hurt, anger, and helplessness that kept both of you attached for so long, and to be at peace.

Forgiveness is a gift you give yourself. You accept this gift because you desire to rise above pain and emotional hurt with intact integrity. The greater our integrity the greater our power! Yet because each of us chooses to be either powerless or powerful: I have written this blog with the intention of helping the hurting person take back their power! Some people mistakenly believe they can move into a gratifying life, while harboring resentment. There is freedom in letting go of uncontrollable situations; past circumstances and hurts. If you missed my last blog: How letting go of resentment gets easier: You can choose your process option: Polly will teach you how to give yourself the incredible powerful gift of forgiveness. And you can do it from the belief mindset of a Victor! Jesus, our Great Teacher, taught his disciples the simple lesson below, 2, years ago. One of the two masters will rule your thoughts, decisions and actions! Your decision is your right. Your decision to be free from confusing emotional pain is your birthright. Imagine the powerful feeling from you making life-changing transformation. Enjoyably loving your life because you now understood how to embrace forgiveness. Gratifyingly moved forward in your life as A Conqueror because you laid down your burdens and pain! Clearly accomplishing your life goals in a fraction of the time with a clear vision of all you can be. And then journey forward to their next quest from the mindset of A Victor! Here is your solution. Envision the power of success waiting for you because: Polly encourages you to be pro-active today! Convert your stumbling block into stepping stones to emotional freedom and success. Click here for free consultation. Polly is easy to talk with. Share candidly with her how you intentionally want your life to look and feel like. She will tell you exactly how you can transform your dream images into reality. And the best part: Email request with Polly Humphreys: Be sure to leave your contact information including, the purpose of your request. Take back your power now. You decide how your life looks. From a clear vision: Polly will help you become the architect of your life: Recreate the Ideal You: Listening to your desires, Polly will help you develop clear subconscious images that close the gap of where you currently are and your goal destination. That process is so powerful! Forgiveness Process sets you free from the circumstance. Deal effectively with all circumstances from an empowered viewpoint. Stress management techniques help you reduce physical and mental emotional strain. Embrace resilient during the storms of life! Recharge your entire sense of well-being. Encouraging you to be pro-active today! Convert your stumbling blocks into stepping stones of emotional freedom and success. Give yourself the gift of power now. Polly is here to help you be empowered. You have an amazing opportunity to change your life. The Power Process starts with your decision to let it happen! And Polly Humphreys is here to help you take back your power! Here is to your upcoming success! In Polly Humphreys next blog: Learn how to get a power shift. See from eyes of new discovery:

Chapter 9 : Forgiveness: 5 Reasons Why You Should Let Go of Resentments – Purpose Fairy

The Peace Center for Forgiveness and Reconciliation, located in Indianapolis, Indiana, in the United States of America, is the realization of the vision of Rwandan genocide survivor, Kizito D. Kalima.

An Intimate Journey with God. Greg Asimakoupoulos The Collards were serving as missionaries in Vienna, Austria, when the phone call came, announcing that their eldest son had been murdered in Concord, California. Timothy Collard, age 23, had been shot at least three times in the back of the head and his body subsequently mutilated. The newspapers smeared his reputation, but eventually the truth emerged, and the murder was determined to be a case of mistaken identity. The killer was convicted and sentenced to prison, and the Collard family faced the arduous task of learning how to move on from an unspeakable horror and senseless tragedy. The Choice to Forgive Dianne found the way to healing through the seemingly impossible task of forgiving the man who had murdered her son. Through diligent Bible study, Dianne became convinced that clinging to hatred and resentment can only make our suffering worse and can never bring the healing we long for. Although she had known God most of her life, this terrible ordeal brought her closer to him and gave her opportunities to receive his love and grace in unexpected ways as she learned to trust and obey him as never before. A Personal Story Unlike so many books on the subject, I Choose to Forgive is not a scholarly collection of forgiveness theories and clinical applications, nor is it a formulaic self-help book. Her efforts have produced a slim volume that effectively weaves together her personal journey with the various resources that helped her along the way: Can God really expect me to forgive the murderer of my child? Her unflinching honesty as she describes questioning and even ranting at God makes her story real and so human that I immediately identified with her anguish and frustration. She inspired me to follow her example and trust God with those deep and painful issues that seem so impossible to resolve. She takes the reader along, step by step, to reveal how God met her at every obstacle, and she encourages us to believe that God will do the same for us if we choose to follow him into forgiveness. Nevertheless, what impressed me more was her humility throughout and her determination to follow God no matter where he led. She attests firmly to the loving heart of God, who only asked her to forgive so that he could rescue her from her grief and torment. Over and over she stresses that we can trust God to lead us in the right and best way, even when we cannot fathom where we will end up. From Tragedy to Ministry Dianne now speaks internationally about her journey of forgiveness and testifies to the grace of God that saved and cared for her through her years of struggle. She leads forgiveness workshops in many countries, and her book continues to be translated into many languages. Her passion for helping people as she was helped is evident in her personal mission statement: To live my life in worship of God and be a messenger of His hope through speaking, writing and counseling and thereby contribute to the development of people and the fulfillment of the Great Commission. ISBN Purchase this book through amazon. To learn more about Dianne B. Collard and her ministries, visit the following Web sites: