

# FORGIVING OTHERS

IOM America

---

## Purpose Statement

Offering forgiveness to those that hurt you, in and through Christ, is one of the most freeing actions you can demonstrate here on earth. This homework assignment will include listing the act, your hurt, the ramifications, and your sinful reactions to the way the offender hurt you. Once you have done this, you will need to depend upon the eternal forgiver that lives and indwells you – Christ. If you are not a Christian (never have asked Christ into your life) these actions will be temporary and not eternal.

## Offering Forgiveness Is Not . . .

It is not “acting” as if it does not bother you anymore. It is not disregarding, tolerating, excusing, overlooking or closing your eyes to the wrong another person has done against you. It is not “letting time pass” after the offense has been committed. It is not “forgetting” that the offense happened – or “pretending” that it did not happen. It is not “resigning” yourself to the other person’s actions by saying, “Oh well, that’s just the way he/she is.”

## Key Statement:

Forgiveness is functioning with another as if they never committed the offense in the first place. Without true forgiveness, you will stay resentful, lack in joy and act offended any time you see, hear of or meet someone who reminds you of this offender.

## Process of Offering Forgiveness

1. Make four lists. Column one, how the offender hurt you. Column 2: how you felt regarding the hurt. Column 3, list the ramifications. Forth Column, list your sinful reactions to the offence. See example:

Hurt	Felt	Ramifications	Reactions
Lied to me	Violated	Became distrusting	Stopped communication

2. Admit to God how you felt regarding the offense.
3. Admit to God that you have been holding this person guilty for this act.
4. Admit to God that your reactions to this offense, and the person, are sin.
5. Claim God’s forgiveness for your reactions (sin).
6. Extend forgiveness, in prayer before God, for the hurt this person has caused you.
7. Put the offender in God’s hands and join Him in doing what He wants to bring healing.
8. By choice, your feelings most likely will not match, live each day as a freeman.
9. Agree with God that you are willing to be reconciled to the offender and allow Him to love the offender through you.

*“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”* Ephesians 4:31-32

**Scriptures to consider:** Psalm 62:8, Luke 6:37; Romans 2:1; Colossians 3:13; I Peter 5:7; 1 John 1:9; 2 Corinthians 5:17; Colossians 3:8, 12; 2 Corinthians 5:18; Hebrews 12:14.

