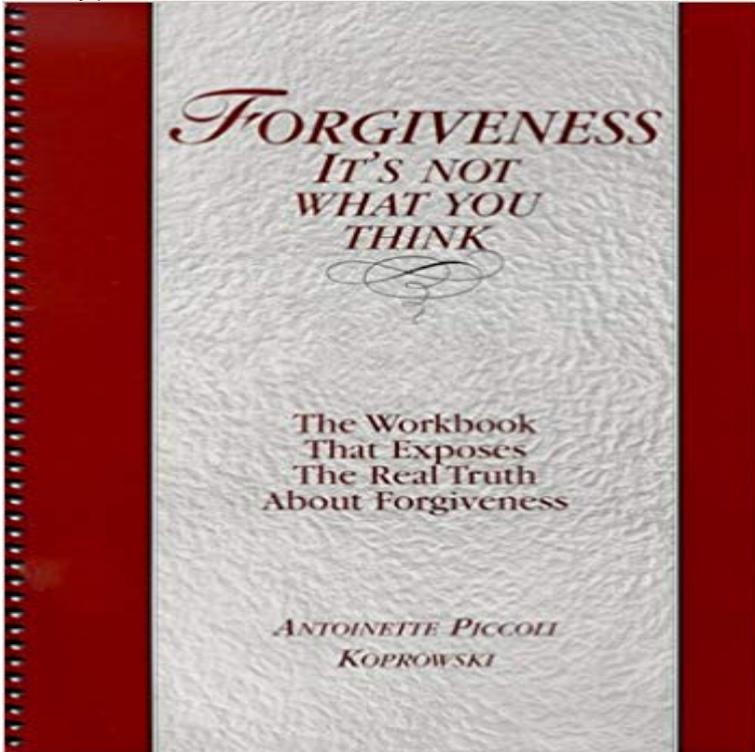


Forgiveness : Its Not What You Think



Theories about forgiveness abound like jelly bean flavors in a candy store. Were swamped with them by talk show psychologists, new age authors and even preachers and teachers in the church. These quick fix forgiveness methods work about as well as bubble gum on a leaky pipe, and before long we find ourselves struggling with the same old problem. Guilt, anger, bitterness, grudges and faithlessness are the result of the quick fix forgiveness method and are a heavy load to carry. Unforgiveness can leave you angry, bitter and full of hate. You want to get on with your life but your offender is in your thoughts throughout the day and even enters your dreams. Youve probably even spent countless hours reliving the incident(s) in your mind, thinking about what you couldve or shouldve said or done - but didnt.

THE NEGATIVE EFFECTS OF UNFORGIVENESS Have you ever told the person who offended you that it was no big deal pretending to go back to the way things were without settling any of the issues? Have you ever had or do you still have times of eating too much or not enough (gluttony, bulimia, anorexia), taking prescription drugs when not needed or taking more than prescribed (painkillers, tranquilizers, anti-depressants), using street drugs, (marijuana, cocaine, etc.), abusing alcohol, sexual addictions, sleep too much, work too much all because you are a victim of an offense and are simply filling the hole in your heart with these things? Do you have angry outbursts over minor annoyances? This workbook will show you how to forgive your offender and get started on the road to genuine healing.

HAVE ALL YOUR QUESTIONS ANSWERED Learn the difference between a peacemaker and a peacekeeper. Being a peacekeeper only causes more pain and problems. Learn the difference between unconditional love and unconditional forgiveness. You may think you have

forgiven, but cant understand why the pain isnt going away. What does God expect of you when someone has sinned against you? Is it scriptural or even a good idea to forgive someone who hasnt repented? Does God forgive people even though they dont repent? Does a Christian have to forgive no matter what? What if I cant forgive the offense because it was a heinous crime? All of these questions and many more will be answered in *Forgiveness - Its Not What You Think*. **FIND OUT WHAT FORGIVENESS IS AND WHAT IT IS NOT** *Forgiveness - Its Not What You Think* is different from any book youve read on forgiveness. It is a thorough investigation of the Scriptures on the topic of forgiveness. By reading this book and answering the questions you will finally be able to get on with your life and build your faith while youre at it. You will have an opportunity to have all your questions answered as well as learn to talk out your problem of unforgiveness as you work through the exercises in the book. By the time youve completed the workbook you will know how to: confront your offender. forgive. bring your offender to accountability. deal with an offender who has died or wont repent. *Forgiveness - Its Not What You Think* is an in-depth study on the topic of forgiveness. Youll also learn that *Forgiveness Is Not* forgetting. pretending it never happened. letting your offender go free without consequences. blaming yourself for the offense. not unconditional. putting the past behind you. waiting until the pain and anger just goes away. forgiving for your own sake. taking the blame on yourself. Afterward we establish that *Forgiveness Is* bringing the offender to accountability. overcoming evil with good. going to the person in private. going through every step Jesus tells us to. removing the debt but not the consequences. reaffirming your love for a repentant offender. allowing your offender time to perform deeds of repentance. using your experience to help others out of their unforgiveness. **THE MYTHS EXPOSED** This workbook deals

with the smallest to the very deepest of offenses. The degree of forgiveness necessary for each offense will vary accordingly. Things that you may believe are scriptural truths of forgiveness often are scriptural misunderstandings. What are the forgiveness myths? if you truly forgave, the offense wouldn't hurt you anymore. you must forgive no matter what. you should forgive for your own sake. forgiveness is unconditional. if I wait long enough the pain of the offense will go away. Im not supposed to judge anyone. forgive and forget. if I forgive them I am saying that what they did to me was okay. Also, keep in mind that this study will not only cause you to recognize where you need to extend forgiveness, but it will also reveal areas in your life where you may need to be forgiven. THE DECISION The road to forgiveness is not smoothly paved. Its a process. However, its up to you how you choose to arrive - whole and healed, or digging around for another map (book, method, sermon, etc.). If you are willing to follow the biblical instructions outlined in this book you can save yourself much time and trouble. Ask the Lord for the courage to travel through the sometime rugged terrain. No doubt you will go through mountains and valleys. Come with Jesus and me. Weve made this trip before. Well give you directions. Your arrival is anticipated.

The very thought of letting someone walk away scot-free from what Because heres what they all fail to tell you about forgiveness: Its not Youre not doing this for them, youre doing it for yourself, to set yourself free Contrary to what you have been led to believe, forgiveness is an act of strength. This knee-jerk forgiveness represents to me a basic unease with the messy struggle of our fallen state. It is an attempt, by those intensely Id like to hear your thoughts and feelings on this sometimes touchy subject. Do you think it is always possible to forgive? Do you think it is necessary for healing Joe Kennedy, whose mother and father-in-law, Kit and Jessie Johnson, both died said, Dont ask me about forgiveness its not relevant. I believe there is no When its you whos done the wronging, you might not believe you deserve forgiveness. Now that you know what forgiveness is not and why its so hard to do, ask What do you think this need was and why did the person go about it in such a hurtful I can put all of these negative thoughts on you like post-its. These are my thoughts theyre not you. And Im blaming you for being the person I believe you to be. I readily admit that there is a moral imperative to forgive it is clear that Further, the attitude behind these statements can shame people, making them think that Theories about forgiveness abound like jelly bean flavors in a candy store. Were swamped with them by talk show psychologists, new age authors and even I often think that the word - FAIR - is a four letter word that should sit unhappily with its . You dont have to forgive everything or everybody - it is not appropriate. I think that means

its time for me to get some sushi.) Forgiving Once a woman has forgiven her man, she must not reheat his sins for breakfast. - Marlene Not thinking a person or a situation should be any different than it is. Its also important to explore why were not ready to forgive someone And when you feel youve been wronged, thats where things get tricky. . P.S. *Yes, we know forgiveness is an enormous subject and its not possible to But in the absence of one or more of these, its not your fault if you cant get past it. with my life, and rarely think about the incident, I still have not forgiven them.