

Forgiveness Process

FORGIVENESS (produces)

Love, Joy, Peace and Freedom

1. CHOOSE

To forgive:
by our spirit &
FREE WILL

Once we have forgiven
our emotions will catch up.
Pain will heal over time.

2. RECONCILIATION

Unless both are on same page
& walk the same journey,
there cannot be true reconciliation.
Mt. 5:23-24 & 18:15-17

3. JUSTICE

LET GO OF
REVENGE & ANGER
Rom. 12: 17-21

All wrong, ours & others,
will be dealt with either . . .

Forgiveness by
Just Creator

OR

Accountability
to a Just
Creator

PAIN
EMOTIONS
Creator will heal

Is. 61:1 & 57:15
Ps. 147:3

Forgive
for our
own sakes.

UNFORGIVENESS

(produces)

Bitterness, Resentment, Hatred, Anger & Rage

1 day 1 week 1 month 1 year 10 years +

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1. Forgiveness

I choose to forgive you, (name)
regardless of how I feel

2. I choose to love you (name)
unconditionally as you were
originally created. Not what you
have become...I love the **person**
not the **behaviour!**

I expect nothing in return

3. You have broken relationship
boundaries (name)... so
I choose to keep you **outside** or
on the fringe of my inner circle as
you are not currently safe to be in
the centre of my circle of trust.

I choose to **replace** or **include** you
with people in my inner circle,
who will meet my needs.