

3 Steps to Forgive Without Sweet Feelings

1. Require nothing 5 things I am not to require

1. Apology-I don't need them to say they are sorry.
2. Remorse -I don't need them to feel bad.
3. Understanding-I don't need them to “get it” or see the damage they caused.
4. Justice-I don't need restitution.
5. Healing/Growth -I don't need them to grow and learn from this.

2. Withhold nothing 5 things I'm not to withhold

1. Blessing
2. Prayer
3. Doing good
4. Giving/Lending
5. Kindness

“But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you...But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.”

Luke 6:27-28,35

3. Stop entertaining thoughts about their defeat.

*Do not gloat when your enemy falls;
when they stumble, do not let your heart rejoice.*

Proverbs 24:17

Questions

1. Which of the 5 things in Step 1 is the hardest for you?
2. Which of the 5 things in Step 2 is the hardest for you?
3. Is there someone you are struggling to forgive right now?
Can you share a bit about it?

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