

## Exercise in Forgiveness

When we've been wounded –especially by someone that refuses to fully own what he/she did, apologize, or promise to never do it again, we need to consider forgiveness in two parts:

1. Forgive for the **FACT** of what happened
2. Forgive for the **IMPACT** that the injury had –a longer process.

Remember: Forgiveness is not reconciliation.

Forgiveness is not about the other person but about telling the truth to heal your heart.

Steps to full forgiveness:

1. Use 3x5 cards to list each individual pain. Consider both the fact of the hurt and the impact of the hurt (painful emotions, identity issues, relationship strains, triggers etc.)
2. Share your pains with a safe other.
3. Take the red paper/felt and go through each index card and offer forgiveness. For the ones that are especially tough, you can repeat this line while placing the red fabric over it.

**“I am making the choice to honor God by forgiving this person for the fact that they’ve deeply hurt me, and whatever my feelings will not yet allow for, the blood of Jesus will surely cover it.”**

- When we forgive, we are truly set free! -not burdened by bitterness, resentment, and fear but set up to be transformed by the work God wants to do in us.
- When we forgive, we put our whole selves in Jesus’ hands to experience his love and the growth he has for us.

See more in our blog on this topic, “How Forgiveness Changed My Life”  
By Audrey Hardin, MS LPC.



Resource: "Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again." By Lysa Terkeurst