



LIFE'S ► HEALING ◀ CHOICES



**Remembering is the
path to forgiveness.**



CHOICE SIX

Repairing Relationships

Evaluate all my relationships. Offer forgiveness to those who have hurt me, and make amends for harm I've done to others, except when to do so would harm them or others.

Blessed are the merciful, for they will be shown mercy.

- Matthew 5:7 ^{NIV}

Blessed are the peacemakers, for they will be called children of God.

- Matthew 5:9 ^{NIV}



Mark 11:25 ^{CEB}

And whenever you stand up to pray, if you have something against anyone, forgive them **so that** your Father in heaven may forgive you your wrongdoings.



Forgiveness is not Equal to Forgetting

Jeremiah 6:13b-14 ^{NIV}

...prophets and priests alike, all practice deceit.

¹⁴ They dress the wound of my people as though it were not serious.

“Peace, peace,” they say,

when there is no peace.



Forgiveness is not Equal to Forgetting

John 3:21 ^{NIV}

But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.



“Forgiveness is not pretending like it didn’t
happen or didn’t hurt. That’s lying.
Forgiveness is the decision to release a debt
regardless of how you feel.”

TONY EVANS



Forgiveness Releases Me from Unresolved Anger

Ephesians 4:31-32 ^{NIV}

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



Forgiveness Releases Me from Unresolved Anger

James 1:19-20 ^{NIV}

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.



Path to Forgiveness and Healing

- Confess the harm specifically



John 8:32 ^{NIV}

Then you will know the truth and the truth
will set you free.



Path to Forgiveness and Healing

- Confess the harm specifically
- Don't minimize pain



Romans 5:8 ^{NIV}

But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.



Path to Forgiveness and Healing

- Confess the harm specifically
- Don't minimize pain
- Remembering how I have hurt others



1 John 2:2 ^{NIV}

He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.



Path to Forgiveness and Healing

- Confess the harm specifically
- Don't minimize pain
- Remembering how I have hurt others
- **Forgiveness takes practice**



**Remembering is the
path to forgiveness.**

