



Forgiveness


Christian Families Today
 A Christian Counseling and Training Ministry

Forgiveness is a Gift

Identify the offender and the offense.

It is difficult to forgive a person when the offense is not clearly stated.

Acknowledge how the offense made you feel.

Allowing yourself to feel the pain clarifies the offense.

Release the person from the debt.

Realize forgiveness is a gift that you choose to give and not a feeling. Because God has forgiven you, you can forgive.

Accept the offender unconditionally.

Believing that you are fully accepted by Christ, allows His love to flow through you to the offender.

Be willing to forgive again.

To love is to risk!

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