



# 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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