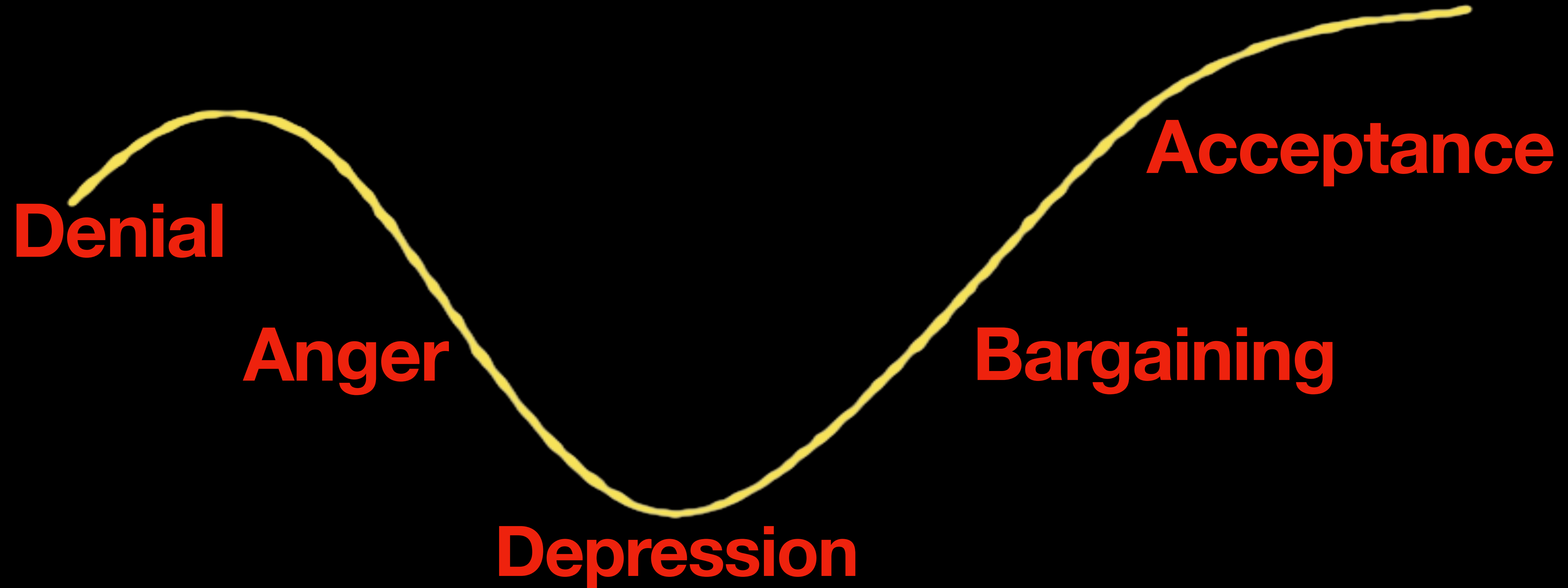


God gave us two ways to be able
to move on from loss

Grieving & Forgiveness

Kübler-Ross Grief Cycle



Matthew 6:12, 14-15

And forgive us our debts,
as we also have forgiven our debtors.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

But **if you do not forgive others their sins**, your Father will not forgive your sins.

Forgiveness is important because it gives you the ability to move on in life.

Unforgiveness ties you to your past hurts and makes it difficult to receive the blessings of new relationships.

Forgiveness

comes from the one hurt by canceling the DEBT owed.
There is no need for participation from the perpetrator.

Reconciliation

comes from the perpetrator by apologizing and asking for forgiveness.

***You forgive to free yourself
from those who hurt you.***

False beliefs can **hinder forgiveness**.

False beliefs can make you **unable to forgive** those that have hurt you.

False Beliefs allow what they did to **control my life**.

False Belief

If I forgive them, they will go free.
There will be no justice.

True Belief

Only God knows what is just.
Punishment is in God's hands.

False Belief

Forgiveness means I must pretend that nothing ever happened.

True Belief

Forgiveness is not denial.
Tell the truth; don't minimize it in order to forgive.

False Belief

If I forgive, I will become vulnerable to them again.

True Belief

Forgiving someone doesn't mean that they are safe and you must trust them again.

False Belief

My unforgiveness is justified because I'm right, and they will never see their wrong and repent if I let go.

True Belief

My unforgiveness only hurts me and allows what they did to control my life.