

# Practical Steps to Forgiveness

## 1. Distinguish between granting and feeling.

Forgiveness is granted first, then felt.

Feeling and trust is rebuilt over time,  
but forgiveness is the first step.

# Practical Steps to Forgiveness

2. Determine to not make the offender pay, but to absorb the cost yourself.

| <u>Make the Offender Pay</u>   | <u>Absorb Cost Yourself</u>  |
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| We can replay the videotapes of what happened in our mind so we stay angry | Do not remind yourself of the "videotapes." Remind yourself of the cross and what Jesus did for you. |
| We may hope for their failure and pain                                     | You come to the point of praying for the offender and yourself                                       |
| Make cutting remarks to the person or ignore them with a blast of coldness | Speak the truth in love and be courteous   |

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| <p>Be far more demanding of the offender than with others because the offender owes you.</p> <p>Actively try to devise ways to hurt them and/or take something valuable from them.</p> | <p>If the person is repentant, we seek to restore the relationship as much as possible. The speed and degree of restoration entails the re-creation of trust, which takes time, depending on the nature and severity of the offenses involved. Be willing to offer more trust little by little.</p> |

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|--|---|
| We can slander them to others under the guise of “warning” others about them or else in seeking sympathy for ourselves | Be careful when seeking support and sympathy that you are not just trying to get this friend to dislike and turn against the offender. This is not to say you can never say anything that casts a bad light on someone else, but you must watch your motives. |

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3. Wish for “the good” of the other,  
not only for his/her sake but also for yours!

*[Forgiveness] is more than a matter of refusing to hate someone. It is also a matter of choosing to demonstrate love and acceptance to the offender...Pain is the consequence of sin; there is no easy way to deal with it. Wood, nails and pain are the currency of forgiveness, the love that heals."*

~ Dan Hamilton, *Forgiveness*