



KTIS: October 20, 2021

Choosing Forgiveness

The Obstacles to Forgiveness

- Wrong thinking: “They don’t deserve it!” [nurturing the grudge]
 - We are not God
 - We don’t do it for that reason; we do it to free ourselves of turmoil
- TAG playing (it’s sort of convenient if someone else is permanently IT!)
- Starting with Them (instead of ourselves)
 - Everything really IS 50-50
 - The log in our own eye
 - Forgive us OUR trespasses, as we forgive those who trespass against us
 - They are NOT different from us (“when you yourself have committed the same sin!”)

The Steps to Forgiveness

- “I ask your forgiveness for . . .” (general category)
- “For example . . .” (specific instance)
- “I believe my sin hurt you in the following ways” (Think-Feel-Do)
- Is that accurate? (honest feedback)
- Will you (NOT “do you?”) forgive me? (it’s a process)
- “Yes, I will forgive you.”