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# LIFE

## SEMINAR

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*“And forgive us our debts, as we  
forgive our debtors.” Matthew 6:12 NKJV*

One of the hardest things that any of us can ever learn in life is how to forgive someone who has wronged us. For some of us, we have been carrying around the weight of something that happened years, maybe even decades, ago. It is time to overcome that major hurdle and learn the gift of forgiveness. This presentation will look at what forgiveness is not, what forgiveness looks like, and the reasons why we should forgive. We will also learn some very practical steps that will be beneficial.

### **I. What forgiveness \_\_\_\_\_ :**

Life is \_\_\_\_\_ what happens to you and \_\_\_\_\_  
how you respond to it.

The goal of forgiveness is to remember what happened to  
you in a \_\_\_\_\_ .

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Forgiveness does not mean \_\_\_\_\_ what was done to you. What happened to you was \_\_\_\_\_ .  
Forgiveness is not \_\_\_\_\_ someone's behavior.  
Forgiveness is not making a \_\_\_\_\_ \_\_\_\_\_ right. It does not mean you have to be friends with the person who hurt you.

Forgiveness does not mean \_\_\_\_\_ goes back to the way it was.

When you forgive someone, you can still hold them \_\_\_\_\_ for their behavior while letting go of the impact that they had on your life.

Forgiveness is \_\_\_\_\_ . Trust is \_\_\_\_\_ .

## II. What forgiveness \_\_\_\_\_ \_\_\_\_\_ ?

Forgiveness is giving up the \_\_\_\_\_ that the past will be any different.

\_\_\_\_\_ people \_\_\_\_\_ other people.  
\_\_\_\_\_ kills bitterness.

## III. \_\_\_\_\_ should I forgive?

Forgiveness sets you \_\_\_\_\_ .

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#### IV. \_\_\_\_\_ can I forgive?

Seeing through the eyes of \_\_\_\_\_, you know that those who hurt you are also in pain.

The person who hurt you \_\_\_\_\_  
\_\_\_\_\_ the extent of the hurt they caused.

Consider who has \_\_\_\_\_:  
God toward you for what you have done or what someone has done to you?

#### Life Group

1. Why do we refer to forgiveness as a process?
2. Why should you forgive a person who wronged you?
3. How does forgiveness benefit you?

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4. What practical ways have helped you learn to forgive?

### Homework

Write a letter to the person who wronged you. In the letter, speak from your heart, and then burn the letter. You do not mail it, but you burn the letter. By writing this letter, you are releasing the hurt and pain and telling the person how you feel. Again, this is about your emotional healing.

### Notes and Action Points