



Healthy marriages.
Functional families.



Figuring Out Forgiveness

Why it Matters & How to Do It

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Part 1: 7 Myths of Forgiveness

- Myth 1: You must _____ to forgive.

- Myth 2: You won't _____ anymore.

- Myth 3: You _____ what happened.

- Myth 4: You're a _____.

- Myth #5: You become a _____.

- Myth #6: The offender has to apologize _____ you forgive.

- Myth #7: You _____ what happened.

Part 2: How to Forgive

- If you follow Christ, forgiveness should _____ be based on what the offender does/doesn't do.

- If you follow Christ, forgiveness should _____ be based on what Christ has already done.

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, **just as in Christ God forgave you.** (Ephesians 4:31-32)

This is love: it is not that we loved God but that he loved us **and sent his Son as the sacrifice that deals with our sins.** Dear friends, if God loved us this way, we also ought to love each other. (1 John 4: 10-11)

- How do you forgive? Like God ... through _____.

Part 3: 7 Signs of Forgiveness

- Sign #1: _____ the wrong with _____.

- Sign #2: Seek _____ and do _____.

- Sign #3: Resist _____.

- Sign #4: Don't insist the offender _____ the past.

- Sign #5: Create _____ & _____.

- Sign #6: Pray for the _____.

- Sign #7: _____ the offender and yourself to God, the Righteous Judge.

Answer Key

Part 1: 7 Myths of Forgiveness

- Myth #1: Forget
- Myth #2: Hurt
- Myth #3: Condone
- Myth #4: Weakling
- Myth #5: Doormat
- Myth #6: Before
- Myth #7: Deserved

Part 2: How to Forgive

- Never
- Always
- Through

Part3: 7 Signs of Forgiveness

- Sign #1: Cover, Love
- Sign #2: Peace, Good
- Sign #3: Retaliation
- Sign #4: Fix
- Sign #5: Standards, Boundaries
- Sign #6: Pray
- Sign #7: Commit