

Outline

FORGIVING THE PAST

To forgive someone who has harmed you means that you are cancelling a debt. This is a challenging thing to do— so if you struggle with it, you are not alone. It is difficult to accept the reality that people who have seriously injured you might never apologize or try to repair the damage. However, when you resist forgiveness, you actually allow others to own your life. To the extent you forgive is the extent to which they will no longer control you! Dr. Townsend emphasizes that forgiving others has absolutely nothing to do with their response, and there can be forgiveness without reconciliation. It only takes one person to cancel the debt, and doing so opens you up to receive so much more from life.

1. Is there someone in your life that you need to forgive?

2. Have you been waiting for that person to repent, or ask for your forgiveness?
Does that still make sense to you?

3. What is the main thing getting in your way of forgiving?