Session Seven – Forgiveness

Clearing Out the Past

Key Bible passage: “Forgive as the Lord forgave you” (Colossians 3:13)

Introduction

I. Overview

Definition: To cancel a debt

II. Why Forgiveness is a Life Skill

A. If you want it, you must give it

B. Taking control of your life and resources
C. Clearing the deck for the future

III. Steps

A. Injury

B. Withdrawal

C. Grace

D. Confession

E. Ownership
IV. Obstacles

A. Past=present

B. “Just world”

C. Unforgiveness as an attachment

D. Vs. forgetting

E. Vs. reconciliation

V. Skills

A. Take the inventory
B. The statement

C. Allow the emotions

D. Recover what was lost

Conclusion