

# 12 LIFE SKILLS

---

## 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

# 12 LIFE SKILLS

---

C. Clearing the deck for the future

## III. Steps

A. Injury

B. Withdrawal

C. Grace

D. Confession

E. Ownership

# 12 LIFE SKILLS

---

## 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

## 12 LIFE SKILLS

---

B. The statement

C. Allow the emotions

D. Recover what was lost

**Conclusion**