

# The POWER of FORGIVENESS—Lesson Eight

## Springfield Baptist Church

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Do you know the difference between theory and practice? Theory is a system of ideas. Practice is how you apply them. This lesson is designed to help you put into practice the things we have learned during our time in this Bible study series.

1. \_\_\_\_\_  
The need for forgiveness is as much for you as it is for the person who offended you. Releasing people means you don't have to carry the weight of the debt anymore. How do I recognize the need to forgive?
  - A. \_\_\_\_\_. (Jeremiah 17:9) As you do so, pay attention to the emotions that are coming up. (Proverbs 4:23) Identify the emotions (anger, anxiety, hurt, hatred, trauma, stress).
  - B. Write down the emotions you are experiencing. How have those emotions affected your life—spiritually, physically or psychologically.
  
2. \_\_\_\_\_  
You can't effectively forgive unless you clearly understand what or who you are forgiving. What steps do we need to take to recognize who or what should be forgiven?
  - A. Write down the person, place or thing that caused you to have those emotions. God gave you emotions. Emotions are not evil. (Ephesians 4:26) Just because you feel an emotion, \_\_\_\_\_.
  - B. Write down what happened to make you feel the way you feel. (Matthew 18:24).
    1. Be careful when you write the issues down. You are writing them down be clear about what happened, not to rekindle emotions.
    2. Do not \_\_\_\_\_.  
(Proverbs 11:1)
  
3. \_\_\_\_\_  
One expert explained most offenses were not intended to be hurtful. It may be a misunderstanding. This step is important because it will dictate what will happen next. You should examine intent vs. impact by asking questions:
  - Was it their intent to offend me?
  - What was the impact of their actions toward me?
  - Is what happened to me collateral damage?

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4. \_\_\_\_\_.

All the work up until this point was done to prepare your heart and mind for a conversation with the person. The earlier you decide to address the issue, the better for repairing a long-term relationship. What do I need to do before I have the conversation?

- A. \_\_\_\_\_ (Psalm 141:3-4)
- B. Be respectful and kind during the conversation.
- C. Be clear in what you expect from the conversation.
  - 1. The conversation is not about getting revenge.
  - 2. In the conversation seek to hear and be heard. (James 1:19)
  - 3. Leave the conversation with clean hands and a pure heart. (1 Samuel 24:11)
- D. If you feel you can't have a conversation, consider writing a letter.
- E. \_\_\_\_\_. Use "I" statements. Avoid words like "you" and "always."
- F. Practice active listening. Allow the person to share.

5. \_\_\_\_\_.

Be mindful the conversation may not go the way you planned. (Romans 12:18) Here are some questions to ask to assess the conversation.

- Was there an admission of offense or wrongdoing?
- Did the conversation help me see my part in the situation?
- Was I able to own my actions?

6. \_\_\_\_\_.

What are the next steps in the relationship? Do we need more \_\_\_\_\_.  
\_\_\_\_\_. What happens if the attempt at conversation goes bad? Go to the only place you can. (Matthew 11:28-30)