

# Forgiveness – Living With History (Rising Above Disappointments)



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# Forgiveness – Living With History

- All married couples eventually experience times of conflict, hurt and letting each other down.
- For some couples, the offense is minor like forgetting a date or failing to run an errand.
- For others, it may be a major betrayal such as infidelity, addiction or abuse.
- Either way, taking time to seek and grant forgiveness can play a powerful role in healing and restoring the relationship.

# Forgiveness – Living With History

## Forgiveness Defined:

- Forgiveness IS the decision or choice to give up the right for vengeance, retribution and negative thoughts toward an offender in order to be free from anger and resentment.
- It promotes healing and restoration of inner peace allowing reconciliation to take place in the relationship.



# Forgiveness – Living With History

- Forgiveness is NOT: forgetting, condoning, or perpetuating injustice.
- Forgiveness DOES NOT rewrite history
- Forgiveness DOES NOT always:
  - Involve reconciliation
  - Happen quickly

# Forgiveness – Living With History

Don't rush your partner if they need to spend time working through the process of granting forgiveness.

# Forgiveness – Living With History

## Six Steps for him SEEKING Forgiveness (Luke 15:21, 2 Samuel 12:13)

1. Admit what you did was wrong or hurtful
2. Try to understand/empathize the depth and breadth of the pain you have caused
3. Take responsibility for your actions and make restitution where possible
4. Assure your partner you will change yourself with God's help so as not to do it again
5. Apologize, seek forgiveness and show clear change
6. Forgive yourself



# Forgiveness – Living With History

**Six Steps for GRANTING Forgiveness** (Matt. 5:43-45; 6:12-15; 7:12, 21; 8:21-35; Romans 13:8-10; Eph. 4:26)

1. Acknowledge your pain and anger
2. Be specific about your future expectations and limits
3. Give up your right to “get even”
4. Let go of blame, resentment and negativity
5. Communicate your act of forgiveness to your partner
6. Work toward resolution (putting the past in the past and leaving it there)



# Forgiveness – Living With History

What is to be  
erased?

**Guilt**

One is never the  
same after sexual  
sins. Life and history  
are changed.



# Forgiveness – Living With History

What remains? Lives are impacted because of your sin.

## Consequences

- Cain – “My sin is greater than I can bear” (Gen. 4:13ff) Given a mark so he wouldn’t be hunted down
- David – My sin is ever before me (Psalm 51:3, 4) Consequence: Sword would not depart because of sin with Bathsheba– 2 Samuel 12:10. Death of a child, Absalom, Amnon
- David - I numbered Israel (2 Sam. 24; 1 Chron. 21) Consequence: 70,000 people died
- Paul – I am “the chief of sinners”. (1 Tim. 1:15) Past forgiven but wound remained.

# Forgiveness – Living With History

What remains?

## Consequences

- Peter – I’m branded for all times “denied Lord 3 times even with an oath”
- Prodigal Son - Transition – came home, still owned nothing, still a beggar in his father’s house, treated with mercy and rejoicing.
- Prodigal son’s brother – self righteous, counted self better than others, needed to look at himself. Brother leaving was not his fault, but he appointed himself as the persecutor...needed forgiveness as well as the offending brother.

# Forgiveness – Living With History

Conditions of forgiveness so we don't owe the debt= "Fruits meet for repentance". "I must change to be forgiven"

**We cannot rewrite history but we can rise above it. Change!**

# Forgiveness – Living With History

We can:

- Learn from it
- Unpack the baggage that got us there
- Avoid repeating it
- That old Amygdala
- Old Habits die hard – develop a network to give strength when we are weak.
- Live with and rise above the consequences

So, forgiveness means the guilt is gone. But, consequences remain. We are never the same after sin.

# Forgiveness – Living With History

**Medley of Scriptures:** Ps. 86:5; Ps 103:8; Micah 6:8; Mat 5:7&9; Matt 5:38-42; Matt 5:43-45; Matt 6:12; Matt 6:14-15; Matt 7: 12, 21; Matthew 18:21-22; Matt 18:23-35; Mark 11:25-26; Luke 6:31; Lk 6:35-36; Luke 6:37-38; Luke 15:11-24; Lk 17:3-4; Lk 23:33-43; Acts 7:59-60; Romans 12:10, 14-15, 17-21; Romans 13:10; Gal. 6:1-2; Eph. 4:32; Eph 5:1-2, 21; Col. 3:12-14; James 2:12-13; 1 Peter 3:8-11; 1 Peter 4:8-9; Matt 23:23.

# Forgiveness – Living With History

Old Habits die hard. Be aware of the patterns that align when he tries to return. Stay connected to a recovery network – a fellowship of helpers.

# FINALLY

- “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.” Ephesians 4:31-32