



# FORGIVENESS

Forgiveness doesn't erase what happened. It changes what happens next.

## FORGIVENESS IS

- \*A change in our motivation toward the person who hurt us (McCullough, 2000)
- \*A decision that can come before a feeling (Worthington & Wade, 2020)
- \*A process that may take time

## FORGIVENESS IS NOT

1. Forgetting
2. Excusing
3. Reconciliation
4. Abandoning Justice
5. A Feeling

## RESEARCH

Fehr et al. (2010)  
McCullough (2000)  
Witvliet et al. (2003)  
Worthington & Sandage (2016)  
Worthington & Wade (2020)

## 3 STEPS

**NAME IT.** You can't release something you won't acknowledge.

**SEPARATE IT.** Forgiveness is not reconciliation, forgetting, or excusing.

**RELEASE IT.** What am I carrying that I no longer want to carry?

## PRAYER

Lord, You know the hurt I've been carrying. Help me to name it, separate it, and release it—a little at a time. Remind me that forgiveness doesn't change the past, but it changes who owns my future. Amen.

**"Unforgiveness is like drinking poison and expecting the other person to die."**

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