

| Topic | Leaders | Day & Time | Starting Date | # of Weeks | Homework | Cost |
|--|-------------------------------|-----------------------------------|---------------|------------|--------------|---------|
| Calm My Anxious Heart | Sue Austin & Gretchen Carter | Wed. 7-8 PM | 9/15 | 12 | 1-1/2-2 hrs. | \$13.50 |
| <p>Although many Christian women say they trust God, their lives are filled with worry and anxiety—about their children, their finances, their relationships, their jobs. They know their lives should be characterized by faith in God, but they're unsure how to get that kind of faith. This study by Linda Dillow will help you grow in contentment as you address the barriers to contentment and how to overcome them.</p> | | | | | | |
| Jonah: Navigating a Life Interrupted | Kim Gromacki | Wed. 7-8 PM | 9/15 | 12 | 2-3 hrs. | \$13.00 |
| <p>What do we do when God interrupts our lives? Many times, like Jonah, we run! In this Bible study, Priscilla Shirer redefines interruption and shows that interruption is actually God's invitation to do something beyond our wildest dreams. When Jonah was willing to allow God to interrupt his life, the result was revival in an entire city.</p> | | | | | | |
| Living Like You Belong to God | Dar Sikorski | Wed. 7-8 PM | 9/15 | 7 | None | -0- |
| <p>God calls us to be different from those around us. In this rich study by Kay Arthur, you will discover that holiness is not an arbitrary standard within today's church or an unreachable goal of sinless perfection. Holiness is about pleasing God—living in such a way that it's clear you belong to Him. Come explore the beauty of holy living and see why true holiness and true happiness always go together.</p> | | | | | | |
| How Do You Walk the Walk You Talk? | Julie Manwarren & Diane Lytle | Tue. 9-11 AM | 9/21 | 8 | Minimal | \$5.00 |
| <p>You are surrounded by a world that's watching you, waiting to see if what you say is true—if you really believe what you say and “walk the walk you talk.” This study of vital passages from Ephesians by Kay Arthur will help you discover what God says about the lifestyle of a true believer. Get started on an authentic walk with God that matches your talk.</p> | | | | | | |
| Daniel: Lives of Integrity, Words of Prophecy | Darlene Smith | Tue. 9-11 AM or Sun. 5-7 PM | 9/21 | 12 | 30 min. | \$10.00 |
| <p>Join Beth Moore in a faith-building study of how to shine for Christ in our modern culture. Just as the prophet Daniel faced unbelievable pressures—to compromise his faith, to live in a hostile culture, and confront temptations and threats, we face many of the same trials. Examine the life of Daniel and explore the fascinating prophecies from the time of Daniel through the second coming of Christ.</p> | | | | | | |
| <p><i>Childcare is available at the Tuesday morning and Wednesday evening Bible studies.</i></p> | | | | | | |

The Women's LINK is a ministry of Summit Baptist Bible Church.



Recipe for Relationship

Relationships. What makes them work? How can we connect in healthy ways? What pitfalls can we avoid in our interactions within the community of faith and beyond?

Though the word “relationship” is not used in the Bible per se, its pages are packed full of practical guidelines on how to treat one another. Solid relationships don't just happen. Intentional “ingredients” must be present to have positive interactions. When these ingredients are absent, it's like a cake missing the baking powder, eggs, or salt—flat and distasteful, a less than ideal result.

This year in *The Women's LINK*, we will explore God's recipe for relationship. We'll take a look at topics such as communication, transparency, acceptance, boundaries, and expectations. Emphasis will be on a biblical perspective, even when people exhibit less-than-loving behavior...

...which leads us to our theme in this issue: **forgiveness**. God knows our propensity to hurt each other (inadvertently or with intent). He understands the resulting pain and provides the alternative to bitterness and revenge in His Word. Easy? Not usually. But focusing on how much God has forgiven us becomes the starting point of our journey. Forgiveness is a two-way street. We have the responsibility to both forgive those who wound us and to ask others to forgive us when we offend them.

I pray God will strengthen and shape each of our relationships by first kneading His grace into our hearts and lives. *Sarah L. Phillips*

“And become useful and helpful and kind to one another, tender-hearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.”

Ephesians 4:32
The Amplified Bible

In this issue....

Articles by:

Leslee Clapp
Amy Hannah
Mona Ritchie
Tim Ritchie
Dr. Steven R. Silverstein

Unhook That Trailer!

by Tim Ritchie

Growing up, our family of six drove a station wagon. My dad used it for his construction business during the week, and then we would unload the tools and use it for going to church on weekends.

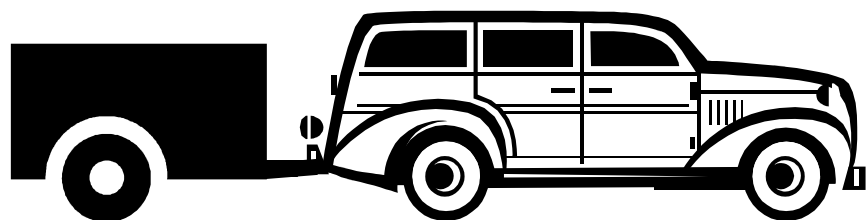
I remember a few times Dad used it to tow a trailer for family vacations. He would strap on those extra-wide mirrors for better visibility, then hook the loaded trailer to the back of our car. I'd help him check the lights and fasten the

Unforgiveness is just like that trailer. Only this time it's hooked to us as we go through life. We live life weighed down and held back by the unreleased hurts of others.

So, how do we unhook *that* trailer? How do we release those hurts that hold us back and cause our radiators to overheat? The freedom found in forgiveness is worth discovering, even if it's not quick and easy.

I don't know why this happened, but after a few attempts to confront him and "show him his fault" with less-than-ideal results, right or wrong, I just gave up. I realized a few weeks into this passive approach that if he did something that really bugged me and I immediately just let it go or prayed about it (and my attitude), I could really get free. If I let that bug get just a little under my skin, it was a *lot* harder to deal with.

Learning to just let it roll off my



safety chains to the bumper. We were able to carry a lot of stuff, but I seem to remember overheating radiators and *very* slow-going on the hills, both up and down. Everyone was faster than us, and we were trying to get to our vacation site! It sure was good to get home and unhook that trailer. Our car was free once again. Traveling light with high performance! (As station wagons go...)

Not too long after those trailer-laden vacations, I had a job where I worked right alongside a person who was close to my polar opposite. He was the eternal optimist; I was the pessimist. He was daring and a bit haphazard; I was cautious and methodical. He was more talk; I was more action. This person *constantly* did things that stepped on my toes. Not necessarily wrong, just wrong to me.

back or roll it off to the Lord was key to unhooking that trailer-load of minor offenses I was experiencing from this guy. To this day, if you were to ask me what those offenses were, I couldn't tell you. I honestly don't remember!

Like you, I've also experienced bigger hurts, from him and from others. Things that are just wrong.

Continued next page

Forgiveness

by Leslee Clapp

Summer—cook out.
Fall—pumpkins.
Christmas—cookies.
Easter—eggs.
Forgiven—forgive.
Like He did.

Forgive?
Abandoned
dirty hungry used forgotten neglected
feet in crusted puddles
belly distended rumbling
face backhand bruised.
Hurts real or imagined?
Forgive.

Impossible.

Cross?
Impossible.
How can Perfect die for
flawed, crooked, broken rest of us?

Why would He?
Love.
Not explained.
Love.

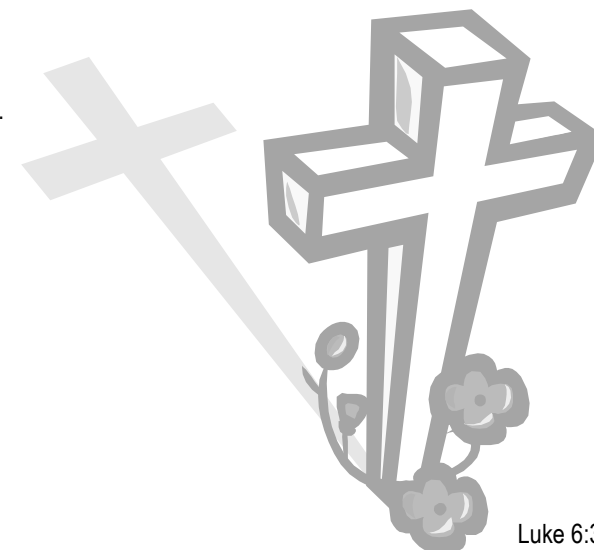
He wanted to, use Himself as bridge.

How can I give my forgiveness
To my undeserving?

I have to.
He did.

Powerless Me
Mighty Him.
Oh help me
Do right,

For your sake
For Your sake
For YOUR SAKE
Oh, Lover of My Soul.



Luke 6:37

An Impossible Prayer

by Amy Hannah

Forgiveness is an easy lesson to teach, but a hard one to live out. Over the years God has taught me the importance of forgiveness.

Perhaps the hardest lesson in forgiveness was learning to forgive a family member who hurt me. During my junior year in college, my grandfather suddenly decided he was angry with my mom and me and wanted nothing to do with us. This came as a complete surprise.

Why would he decide to end all contact? I wanted to write to him and try to reconnect, but my parents counseled against it. Nothing was said about why he would cut off his family.

My first response was anger, hoping to see him hurt as much as he hurt me. Over time God's Word softened my heart, reminding me vengeance is God's, not mine.

In March 2002, I found my great-grandmother (my grandfather's mom) using genealogy research. After six years of no contact, I nervously dialed the number.

You can imagine my surprise when she answered and talked to me for twenty minutes! My grandfather was not as excited. He

immediately recognized my voice and told me I had the wrong number.

One week later I learned I was pregnant with our first child. Unfortunately my great-grandmother would never know. My grandfather changed her phone number, and she died in July 2003, never knowing about Madelyn.

I kept a prayer journal, with one page specifically devoted to

Yet with God, all things are possible....

"impossible prayers," prayers that seemed impossible to me. Yet with God all things are possible. I added my grandfather's salvation, followed by the hope of seeing him once more.

As time went on I began to accept that God might answer "no" to my requests. I no longer wished for God's vengeance in the situation. Instead, I wanted my grandfather to be treated as I wish to be treated. I don't want God to punish me every time I make a mistake, so why would I want Him to punish him for his actions?

On April 12, 2010, the phone rang, and by 9:00 p.m. my plane landed in Tennessee. Not knowing what to expect, I walked

through the door of my grandfather's hospital room. I found him willing to accept my mother and me as if the past thirteen years had never happened. God blessed me with the privilege of sitting by his bedside and holding his hand while he lay dying—the answer to an impossible prayer!

My grandfather missed so much of my life. He didn't know I graduated from college. He never met my husband or my children. It was hard to catch up thirteen years with a few pictures and some stories. He was tired most of the time, but his mind was alert. I look forward to seeing him again in heaven, along with my great-grandmother (I learned they both accepted Christ).

I have truly healed and completely forgiven my grandfather for all the pain I've felt over the years. I can accept God's plan. His way is perfect. I can trust Him in all situations, knowing He is in complete control. He truly provides a peace that passes all understanding (Philippians 4:6, 7).

Amy Hannah and her husband, Roddy, have two children and serve as dorm parents at Baptist Bible College.

Things I can't just roll off my back. Reality check. Quite often the offense is too big, the hurt too deep. While it is seldom easy, going to the person and trying to work it out is what God wants. And, it's better than towing around that trailer-load of hurt and separation. So, I humble myself, and go. I share my perspective and seek reconciliation. And I make the decision to forgive, kind of...

Our mindset needs to change from "You owe me" to "You owe me nothing." Pick up the check for your brother...

See, while letting it roll off my back is often easy, when the hurt is deep and the process is more involved, getting "unhooked" can be a *lot* harder! Too often when I go to the person, "You owe me!" is echoing in my brain. *If* the offending party would just acknowledge that he or she did me wrong and apologize, I would forgive. If they won't, well...the chains and load are firmly attached and slowing me up, dragging me down.

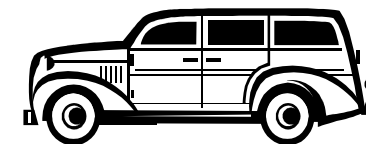
The offending party will likely never see things exactly the way we do, even in the best of circumstances. While it may seem reasonable to want validation that I was wronged before I forgive, that approach leaves the trailer firmly in place. If we are going to forgive and unhook that trailer, our mindset needs to change from "You owe me" to "You owe me nothing." By God's grace absorb the hurt. Be content, knowing God knows our hurts. Pick up the check for your brother or sister.

A few years ago I came across a definition of forgiveness I think says it well: "Forgiveness is a decision to release a person from the obligation that resulted when they injured you" (James MacDonald). When you release them, you also release yourself. "Wherefore, seeing we are surrounded by so great a cloud of witnesses, let us lay aside every

weight and the sin which does so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus..." (Hebrews 12: 1, 2).

Having a tough time running the race lately? Unhook that trailer! Let those minor hurts roll off your back. Or go, be reconciled, and forgive.

Traveling light. It's a good thing.



Tim Ritchie and his wife, Jan, live in Dalton with their children John, Joseph, and Kate, and with Tim's mom, Mona. Tim, Jan, and Kate serve in the SBBC Kids' Worship ministry, and Tim and Jan are part of the Sojourners Adult Bible Fellowship. The Ritchies own National Running Center in Clarks Summit.

A Kind Heart

Mona Ritchie graduated from Practical Bible Training School (now Davis College) in 1950. She and her late husband, Wyman, were married over fifty-nine years when the Lord called him home. They served the Lord in ministry for almost fifty years. During that time she taught Daniel Ransom, one of Summit's missionaries to Italy, in her Bible study class in Vermont. Mona, now eighty-one shares, "I miss being a pastor's wife. I am just trusting God to give me the grace I need. The Lord has been faithful in supplying all my needs, and I am so thankful."

In her testimony below Mona writes about forgiveness.

Have you ever been hurt by somebody and found it difficult to forgive him or her? I have.

In Ephesians 4:30, the apostle Paul tells us that we are not to grieve the Holy Spirit. Although the Spirit's indwelling is not affected when we grieve Him, the controlling factor of the Spirit is. When we have trusted Christ as our Savior, God's Word tells us that we are to present our "members as instruments of righteousness unto God" (Romans 6:13).

Verse 31 lists the things that grieve the Spirit: "Let all bitterness, wrath, anger, clamor (loud quarreling), and evil speaking be put away from you, with all malice."

When we allow these things to enter our hearts and let it remain there, we are not hurting others as much as we are hurting ourselves. Many times our tongues are not under control when we have been hurt or have hurt others. Can you forgive someone who has been hurtful to you? Many times it can be a close family member or even a friend from church.

Possibly you have been the one who has offended. Either way Paul tells us that these things need to be *put away*. Don't let your heart carry bitterness as it only affects you in many ways.

Verse 32 instructs us how to do it. "And be kind to one another, tenderhearted, forgiving one another, just as God in Christ also forgave you." Kindness to another always makes us have a glad heart. Proverbs 15:1 tells us, "A soft answer turns away wrath, but grievous words stir up strife."

Kindness shows the type of heart we have. If our heart is right with the Lord, then it will show forth in how we act and respond to people. I John 4:10, 11 gives us the answer to our actions and why. "Beloved, if God so loved us, we ought also to love one another.

There have been times when my heart has been hurt, but by God's grace I have been able to forgive. We must be forgiving because of what God has done for us in sending His Son.

Digging Deeper: The Teachings of Jesus on Forgiveness

Look up the following Scripture verses and note the principles of forgiveness Jesus taught and modeled:

Matthew 5:23, 24
 Matthew 5:43-48
 Matthew 6:14, 15
 Matthew 7:1-5

Matthew 18:21-35
 Mark 11:25, 26
 Luke 6:37
 Luke 6:41, 42

Luke 17:3, 4
 Luke 23:34
 John 13:34, 35
 1 Peter 2:21-23



Resources

In the Presence of My Enemies
 by Gracia Burnham

**Healing for a Bitter Heart:
 Releasing the Power of Forgiveness**
 by Charles Gerber

**Love One Another and
 Revolutionize Your Relationships**
 by Chip Ingram (www.lote.org, CD or MP3)

**Grace Givers: Stories of People Who Have
 Been Captured by Grace and Are Sharing It with
 the World**
 by David Jeremiah

**Getting Rid of the Gorilla:
 Confessions on the Struggle to Forgive**
 by Brian Jones

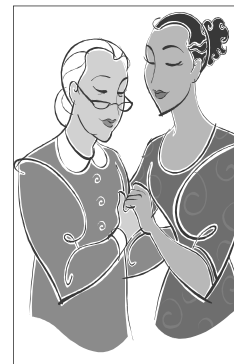


Joseph Sight & Sound Theater
 Showing through October 30, 2010.
[http://sightsound3-px.rtrk.com/
 WebSiteSS/getshowdetails.do?
 eventCD=JOE](http://sightsound3-px.rtrk.com/WebSiteSS/getshowdetails.do?eventCD=JOE)

**I Should Forgive But...
 Finding Release from the Bondage of Anger and
 Bitterness**
 by Dr. Chuck Lynch

Forgiving the Unforgivable
 by Dr. David Stoop

The Hiding Place
 by Corrie Ten Boom



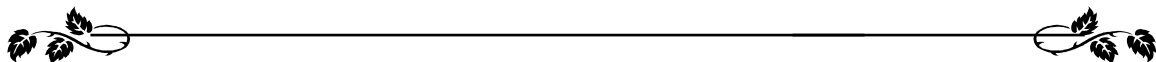
How I Love My Mother

We all have different thoughts about our parents they are. As I look at my mother, many emotions well up in my heart and mind. I sense how sad and alone she must be. I also feel love, but it wasn't always this way. My mother does not know the Lord as her personal Savior. We have had many moments where anger, bitterness, strife, division,

and pride have pushed us away from each other. God began to change me once I started having my own children. I experienced a new respect for my mother when I asked God to show me my mother are. as He sees her. I now see a sinner, *not* yet saved by grace, hurting from past abuse, and uncertain of who she is. Her insecurities and my confidence in God have put us at polar opposites with each other. We still have difficult moments, but understanding what she has endured in her life and knowing why she is

insecure, has helped me see her as God sees her. I continue to ask God to help me choose my battles and to remain calm when we disagree. I love my mother and appreciate all she did for me and my family. As I wait and pray for her salvation, I ask God for the grace to love and honor her as He would have me do. I am thankful to God for showing me and giving me His perspective to love her as He loves her.

Anonymous



5. **Construct the Deflector: A safe environment must be established to protect from future offenses.** Some people who have been violated in the past may lack the understanding of the importance of good boundaries. Those living a holy life learn the difference between righteousness and unrighteousness. Perceiving healthy boundaries as well as having the will, strength, and commitment to live them is essential. (See 1 Corinthians 3:16, 17; 6:20.) Editor's Note: *The Women's LINK* will include more on boundaries in a later issue.

6. **Consecrate the Diamond: Experience the sanctifying work of God.** Establish and maintain a growing, holy, committed life. As you walk in Christ, you will experience the healing and sanctifying work of God. By sowing the right seeds you will reap the desired harvest. Walking by faith rather than by sight and trusting in the Lord for His blessing produces the abundant life you desire. (See Leviticus 11:44; 1 Peter 1:16.)

7. **Clear Your Own Indebtedness.** It has been said that hurt people hurt people. This ongoing season should keep us looking at our own lives. We need to recognize the times we hurt others and be ready to seek forgiveness from them. As we grow in Christ, we will be able to seek forgiveness for our offenses from those who offend us *before* we confront them for their offenses against us. (See Matthew 5:23-24.)

Five Internal Evidences of Healing

Philippians 4:4-7

1. The intense emotional stress begins to ease.
2. The thought of the offender doesn't provoke anxiety or pain.
3. The presence of the offender doesn't rattle you.
4. You experience feelings of compassion toward the offender, not anger.
5. You are genuinely concerned for the offender's wellbeing.

Healing for the Hurting Heart: A Guide When you Come to Reconcile with a Person You Have Hurt

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Compassion: Be kind, gentle, tenderhearted, and sincere (Ephesians 4:32; 1 Corinthians 14:4-8; Galatians 5:22, 23). 2. Consideration: Consider the experience of the other person. Listen carefully; hear and understand the person and the problem that has caused his/her pain (2 Corinthians 1:2-4; Romans 12:15). 3. Confession: Acknowledge that the person is hurt. Admit and accept responsibility for your offenses without excuse or explanation (1 John 1:9; Matthew 18:7, 15, 21, 35). | <ol style="list-style-type: none"> 4. Cultivation: Pursue and nurture a godly relationship by meeting legitimate needs (1 Corinthians 13:7, 8; Galatians 6:1, 2). 5. Cancellation: Express genuine sorrow. Commit to learn and practice new behavior. Ask for forgiveness and seek a response. Accept a negative response (2 Corinthians 7:10; Matthew 5:23, 24). 6. Connection: Ask permission to express love and appropriate affection both verbally and physically (Ephesians 4:32). |
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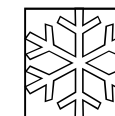
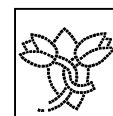


Dr Steven R. Silverstein is a biblical Licensed Professional Counselor and conference speaker whose practice, *Alternatives in Counseling*, focuses on relational issues. He is also a Licensed Clinical Addictions counselor. Dr. Silverstein serves as an adjunct faculty member at Baptist Bible College & Seminary at the doctoral, graduate, and undergraduate levels. He has an active counseling practice in three locations (including BBC) and serves as a Focus on the Family Network Counselor and a New Life Conference and Network Counselor.

Dr. Silverstein has written a book on forgiveness titled *Help for the Hurting Heart: A Christian Perspective for Those Who Have Learned That Forgiving and Forgetting Doesn't Work*. With his gracious permission, *The Women's LINK* has printed his synopsis of the book, including many practical helps and biblical references. This entire resource is available for \$16. For purchasing information, contact Sarah Phillips (586.3457 or pennedwithoutink@yahoo.com).

Seasons of Forgiving and Healing

From the book *Help for the Hurting Heart* by Steven R. Silverstein



Some people have tried to convince us that we can forgive and forget. That never works. If it did, we wouldn't be struggling with the memories and heartache. Others have suggested that time heals all wounds. That's not true either. When a bone is severely broken, time may allow the intensity of the pain to subside somewhat, but proper healing will not occur without the appropriate medical attention. Then we need to ask, "Can we find healing for our hurting heart?" Absolutely! The Lord assures us that He was sent "to bind up the brokenhearted" (Isaiah 61:1).

The concept of seasons may help us recognize the process that is experienced during the healing journey. Rather than simple steps that we can *will* ourselves to take, it may be better viewed as part of the growing and sanctifying journey the Holy Spirit works within us. The seasons gradually change as

we experience the growth and healing that takes place. The seasons progress in this order:

1. Recognize the offense.
2. Acknowledge the damage caused by the offense.
3. Understand the choice to forgive.
4. Confront the offender.
5. Promote protection, safety, and righteousness.
6. Experience genuine healing and the abundant life God intends for all.
7. Clear our own offenses.

Let's consider this journey through the seven seasons step by step. A comprehensive study of these principles from Scripture are found in *Help for the Hurting Heart*.

Continued next page



- 1. Confess the Damage: Acknowledge that offenses occurred in your life.** Forgiveness is only appropriate when an offense has been committed and the offense has caused damage. When an offense has been committed against you, it is critical to recognize and admit the reality of the offense. Overcoming denial may be difficult, but it is essential. Forgiveness does not ignore the reality of an offense but, in fact, validates that the offense did indeed occur. Offenses come in many forms, including physical, verbal, emotional, and sexual abuse. (See Matthew 18:7; Proverbs 28:13; 1 John 1:7-9.)
- 2. Calculate the Destruction: Recognize these offenses created a spiritual debt.** When an offense occurs, it creates a spiritual debt. There is a spiritual value placed on the consequences resulting from the offense. God chose to use a financial idea to communicate His spiritual truth. The forgiveness parable of Matthew 18 shows that the value of indebtedness is determined by reconciling the account. Some offenses cause less injury than others. Greater offenses create a greater debt and therefore need greater forgiveness. After the indebtedness has been determined, the offense can be forgiven. Without determining the value of the damage caused by the offense, it is not possible to forgive.

The parable in Matthew is a financial illustration teaching the spiritual reality of forgiveness. Earlier in the chapter there is a serious warning not to offend children. Different offenses by parents may have a different impact on their children. A rare anger outburst will have one kind of result. Continual name-calling and criticism will have a significantly greater influence. The different offenses will have a varying impact on a person. Forgiveness may be very challenging, depending on the nature of the offense and its impact on a person's life.

It is necessary to determine the value of the offense that needs to be forgiven. This may require some serious consideration. A severe offense can impact an entire life. The person may need to appraise how the offense has or will impact them throughout their life. The impact from the offense will have to be considered for the past, present, and the inevitable future. When the full impact is perceived, full pardon can be granted. Forgiveness should be viewed as a process. This is very accurate when new consequences from an offense are determined and the pardon is continually granted. (See Matthew 18:23, 24, 26-28.)

Questions for the Healing Journey

These questions may be used over and over again for each incident and for each person involved in an offense.

1. What was the incident (a topic sentence)?
2. What do I remember about the incident (tell the full story)?
3. Who hurt me?
4. How was I hurt?
5. How did this hurt impact my life then?
6. How does this hurt impact my life now?
7. How might this hurt impact my life in the future?

"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy" (Proverbs 28:13).



- 3. Cancel the Debt: Forgiveness means to erase the spiritual indebtedness.** "Forgive" is a financial term that simply means to cancel the debt. The person recognizes the debt as such, and makes the internal personal decision to release the offender from his indebtedness. Forgiveness is often misunderstood. It is significantly different and often confused with such things as ignoring the offense, trying to forget it, and reconciling the relationship. A choice to forgive is a personal, conscious, and powerful act of the will. Choosing to release the offender from their indebtedness is to be like the Lord Himself. (See Matthew 6:12; 18:21-35.)
- 4. Confront the Debtor: Spiritual wellness is connected to our obedience to Scripture and is in direct proportion to the degree of confrontation.** The internal decision to forgive needs to be followed by the appropriate activity. The Scriptures direct us to confront the offense. As the seasons progress, healing occurs, strength grows, and courage appears. The ability and desire to confront the offense arrives.

The extent of the confrontation will depend on the circumstances. The confrontation will begin with the internal acknowledgement of the offense and the damage caused. Ideally, it is best if the offender can be confronted directly and the issue resolved. Realistically, this does not always happen. At times the injured person does not have the ability or opportunity to go to the offender directly and address the problem. Overcoming the fear associated with the person and the offense has crippled some from confronting the situation.

Gaining support and sharing the problem with good confidants helps tremendously. Some choose to receive counseling, journal, and rehearse before going to the perpetrator. Others take their support person with them. Finding the right opportunity and method may be very difficult. This could be the toughest season of the journey. One thing is certain: the degree of healing and strength is directly proportional to the degree of confrontation. (See Matthew 5:24; 18:15.)

The Five Commitments of Forgiveness

Modified from
The Peacemaker: Responding to Conflict Biblically
Institute for Christian Conciliation, Billings, MT 1996.
(Italicized clarifications by Steve Silverstein)

1. I will not think about this incident *without also remembering the grace and forgiveness I extended to the offender.*
2. I will not bring this incident up and use it against the offender.
3. I will not talk to others about this incident *unless talking about it will be an opportunity to glorify God for His healing work in my life or the lives of others.*
4. I will not allow this incident to stand between us or hinder our personal relationship. *In fact, I will seek to use the grace present as a catalyst for a more godly relationship.*
5. *I will seek to understand the offender and show compassion.*

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