

# Five Forgiveness Facts

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1. We forgive in obedience to God. Jesus taught us to pray, “Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation” (Luke 11:4, NIV). If we choose not to forgive, not only are we disobeying God, we lose our joy and open ourselves to the harmful effects of holding grudges.
2. Because Christ paid for sin, we can “Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity” (Colossians 3:13-14).
3. We can choose to forgive before we “feel like” forgiving; new feelings will follow the choice to release the offense (and the offender) to God. Romans 12:14 says, “Bless those who persecute you; bless and do not curse.” Forgiveness isn’t excusing, ignoring, or denying pain—and doesn’t necessarily include restoration of the relationship, unless the offender exhibits authentic repentance and restitution, rebuilding trust over time.
4. Forgiveness changes us from the inside out. Dr. Fred Luskin explains, “Forgiveness is for us and not the offender. Forgiveness in no way condones cruelty or unkind treatment. Forgiveness gives us back peace of mind.” When we entrust our suffering to God, we are released from bitterness and resentment. Instead of continually reviewing past or present hurts, we can meditate on God’s Word and live in His hope.
5. Forgiveness is not forgetting. Whenever you recall grievances, you can remind yourself of your choice to forgive, saying something like, “I distinctly remember forgiving that.” That doesn’t minimize what happened; it responds to the truth of God’s Word: “Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil” (Ephesians 4:26-27).



For more information on forgiveness, see chapters six and seven of *Core Healing from Trauma*. Available on Amazon, *Core Healing from Trauma* by Marti Wibbels can be ordered at <https://amzn.to/2RLrgD1>.