

May 27, 2018



Wrestling to Forgive

## Wrestling to Forgive

Navigating Emotionally Healthy Relationships (part 7)

Romans 12:17-21

What do we do w/ the anger from our hurt?

☞ **What not to do:**

- Don't just \_\_\_\_\_ your anger
- Don't \_\_\_\_\_ the person who offended you with your anger

☞ **Pour out your feelings of anger to \_\_\_\_\_**

☞ **Reflect on how much God has \_\_\_\_\_ you**

(continued on back)

Romans 12:17-21

If I forgive someone, am I letting that person off the hook?

Forgiveness is taking a person off of \_\_\_\_\_ hook, but recognizing they are still on \_\_\_\_\_ hook

Is forgiveness a once-and-done decision or a series of on-going decisions?

- ☞ **Forgiveness begins with a \_\_\_\_\_, \_\_\_\_\_ to forgive a person**
- ☞ **Sometimes forgiveness also involves a series of \_\_\_\_\_ decisions**

Conclusion