

FORGIVENESS

Marriage & Relationships

“Wherefore, I say unto you, that ye ought to forgive one another; for he that forgiveth not his brother his trespasses standeth condemned before the Lord; for there remaineth in him the greater sin.

I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.

D&C 64:10-11

BENEFITS OF FORGIVENESS

Like many other commandments, such as prayer, service, and love, forgiveness benefits most those who forgive.

Forgiveness is the gift you give yourself

- improves physical health
- improves mental health
- improves spiritual health

FORGIVENESS IS A KEY FACTOR IN SUSTAINING A LONG-TERM MARRIAGE BECAUSE...



70 % of issues claimed at the start of relationship remain issues forever.

TYPES OF OFFENSE

- ◉ **PERCEPTION:** Based on personal beliefs about correct behavior
- ◉ **MISTAKES:** honest misunderstandings, errors, accidents
- ◉ **WEAKNESSES:** transgressions which may have extenuating circumstances i.e. baggage from upbringing, personality quirks, hang-ups, temperaments, physical or mental health issues, methods of dealing with stress, worry or pain
- ◉ **WRONGS:** purposeful, knowledgeable decisions which hurt the relationship

FIRST STEP WHEN HURT-STOP!



- ◉ ASSUME POSITIVE INTENT
- ◉ IDENTIFY THE FEELINGS
- ◉ ASK QUESTIONS

One Up (Pride)

Problematic Pursuer
Boundary-less / Control

"Get over here and love me!"

One Up (Pride)

Problematic Distancer
Walled-Off / Control

"You're not worthy of me!"

Healthy Boundary and Esteem

Relational Esteem

Have right to want something and ask for it.

Place of being-not of doing

Esteem comes from honesty, spirituality, unalterable self worth

Christ-Like love

One Down (Shame)

Problematic Pursuer
Boundary-less / Shame

"I'll do anything, just love me!"

One Down (Shame)

Problematic Distancer
Walled-Off / Shame

"My needs don't matter."

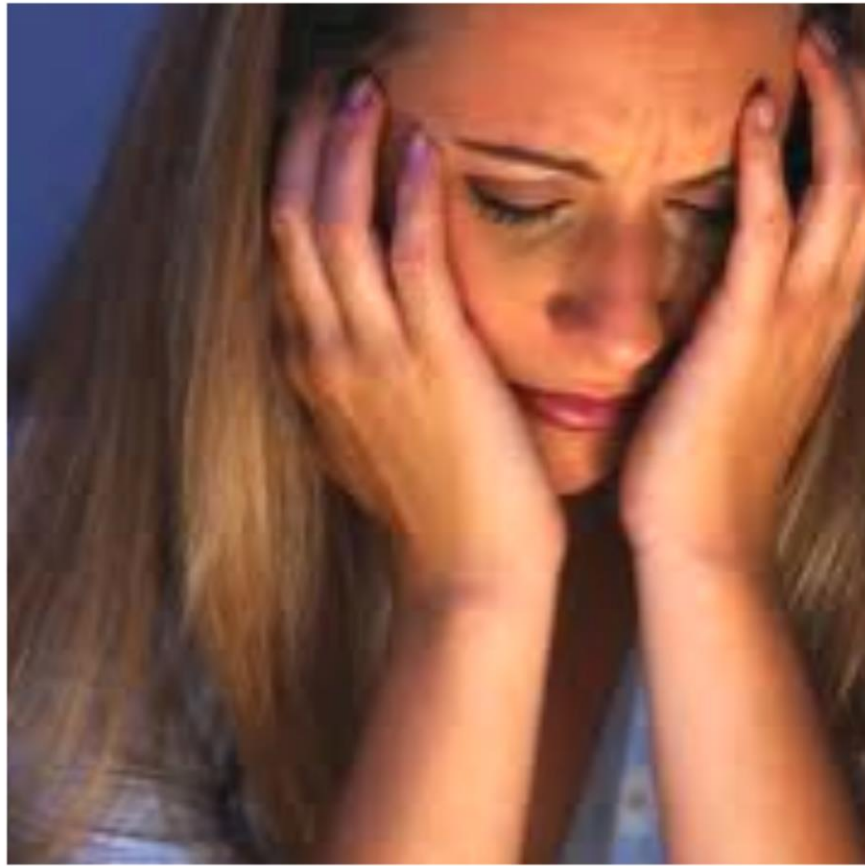
SPIRITUAL CONSEQUENCES OF NOT FORGIVING

Unforgiving people...

- Assume they capable of righteous judgment
- Believe they comprehend the intent
- Feel they understand all the circumstances
- Find the perpetrator guilty
- Choose to be a victim
- Inflict punishment on others for not being perfect
 - Anger
 - Scorn
 - Coldness
 - Haughty disapproval
 - Silence
 - Refusal to touch



The unforgiving person, in essence tries to assumes the responsibility for judgement and consequences that belongs to Jesus Christ.



**FORGIVENESS
IS NOT:**

Just
forgetting



**FORGIVENESS
IS NOT:
Excusing**



**FORGIVENESS
IS NOT:**
Tolerance



**FORGIVENESS IS
NOT:**

Just a matter
of course



**FORGIVENESS IS
NOT:**

Trust

FORGIVENESS IS:

- ⦿ A decision
- ⦿ A tool
- ⦿ Aggressive
- ⦿ Grace
- ⦿ Free
- ⦿ Honest

Forgiveness removes the blocks in a relationship and allows it to begin again.

Forgiveness is **not** a position of shame. It is not capitulation, resignation, or endurance.

Forgiveness is **not** a position of control. It is not manipulation, given with strings or conditions.



Forgiveness is a position of strength, wholeness, and honesty. It is a positive, powerful stance which refuses to allow the injury to do any further damage.

THINGS THAT MAKE FORGIVING HARD:

- ◉ Demanding, unforgiving parents
- ◉ Recent wound
- ◉ Offence to a loved-one
- ◉ Malicious intent
- ◉ Unjust accusation
- ◉ Repeated offense
- ◉ Shattered dreams or expectations
- ◉ Lost trust
- ◉ Personal attack
- ◉ Insistence on vengeance
- ◉ Rumination
- ◉ Not believing in ultimate justice
- ◉ Not understanding the power of mercy

THINGS THAT MAKE FORGIVING EASIER:

- ◉ Gratitude
- ◉ Remembering own failings
- ◉ Time
- ◉ Perspective
- ◉ Wanting a relationship
- ◉ Understanding offense was not intentional
- ◉ Allowing agency
- ◉ Remembering the love and good times
- ◉ Understanding the weakness or background
- ◉ Knowing that there is justice
- ◉ Prayer
- ◉ Giving the pain over to God

A POSITIVE LOOK AT MISTAKES~

“Error often creates a path that leads you out of your comfortable assumptions. Being right keeps you in place. Being wrong forces you to explore.”

Steven Johnson-*Innovation*



- ◉ Marriage is the best practice for eternal progression that our Heavenly Father has given us in this life.
- ◉ Mistakes and conflict can force a couple out of their safety-comfort cycle and into a growth cycle. Forgiveness lets them stretch and advance to new levels of understanding and love.