

## Forty Days to Forgiveness: A Christian's Field Guide to the Forgiveness Journey

**Ronald D. Ramsey**

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*Forty Days to Forgiveness is a thorough Christian guide that lays out a day-to-day interpersonal forgiveness process with clarity.*

Ronald D. Ramsey's detailed Christian guide *Forty Days to Forgiveness* forwards advice for affording others grace.

The work's three aims are stated at the beginning: to guide forgiveness when it comes to particular people; to teach skills that are useful in forgiveness; and to help develop a biblical model of forgiveness, leading to stronger relationships with God and one's church. The work that follows is exhaustive when it comes to examining components of the forgiveness process.

To achieve its goals, the book is divided into seven sections that examine the purpose of forgiveness and the need to recognize the hurt that was caused. They also explain commitments to forgive and means of achieving a godly perspective. Forgiveness is explained in the context of spiritual maturity: becoming open to forgiveness and sustaining emotional freedom are presented as crucial.

Still, the book suggests that its program can be internalized in forty days—an intentional, every day process whose habits then could become long term. Each day in this process is concluded with journal exercises to inspire learning and growth, as well as activities like worksheets recording transgressions, their impacts, and crucial information such as the relationship between the transgressor and the one who needs to forgive. These processes are meant to help solidify process. Personalized prayers for strength and guidance are also included—brief, but relevant, additions that leave space for the addition of individualized requests.

Much of the book's work draws from biblical accounts and teachings on forgiveness. Bible verses included at the start of each section cover notions as of continual forgiveness, having positive intentions even when one is hurt, and forgiveness as a form of compassion. Other related biblical references are listed at the end of sections, encouraging further reading. But behavioral science research is also referenced, as with an explanation of how the brain turns experiences into memories, how forgiveness promotes psychological well-being, and how forgiveness helps achieve fulfillment. Useful resources for understanding forgiveness from a psychological viewpoint are also included at the end of each section.

With its combination of formal language and direct audience addresses, the book is convincing in presenting forgiveness as a collective process. Though its emphasis on interpersonal forgiveness is somewhat limited, *Forty Days to Forgiveness* is a thorough Christian guide that lays out a day-to-day, person-to-person forgiveness process with clarity.

EDITH WAIRIMU (August 27, 2021)

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