

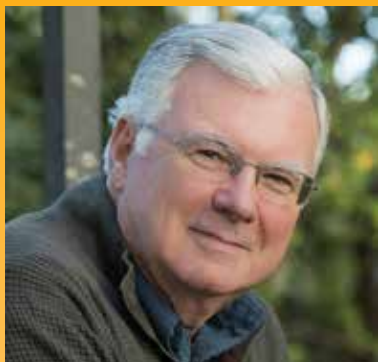
BRUCE WILKINSON

70X7

FINDING PEACE BY FORGIVING OTHERS... AND YOURSELF

SMALL GROUP LEADER GUIDE

Course Instructor



**Dr. Bruce Wilkinson, BA,ThB,
ThM, and Doctor of Divinity,
Founder and Chairman:
Teach Every Nation**

Bruce Wilkinson has consistently served as an agent of reconciliation over his extended international ministry. Early in his life, he learned the power of forgiveness as the necessary first step to reconciliation and restored relationships and has taken those truths around the world. Through the principles of forgiveness taught in the life-changing 70X7 course by Teach Every Nation, Dr. Wilkinson helps parents reconcile with their children and grandchildren, husbands with their wives, local churches on the verge of splitting find peace and unity, and even helped conflicting denominations find unity without compromise. Key leaders of one African nation brought him to restore national peace between white farmers and the black workers which was announced as successful by the nation's president on national TV and radio. He led over 6,000 warring Ugandans from various tribes to find healing, forgiveness, and reconciliation in a week-long leadership conference. In South Africa, he brought reconciliation between various reformed and Pentecostal pastor and leaders. These powerful principles in the course and his popular book, *How to Forgive Other and Yourself*, have already helped tens of thousands to forgive and find much-needed peace.

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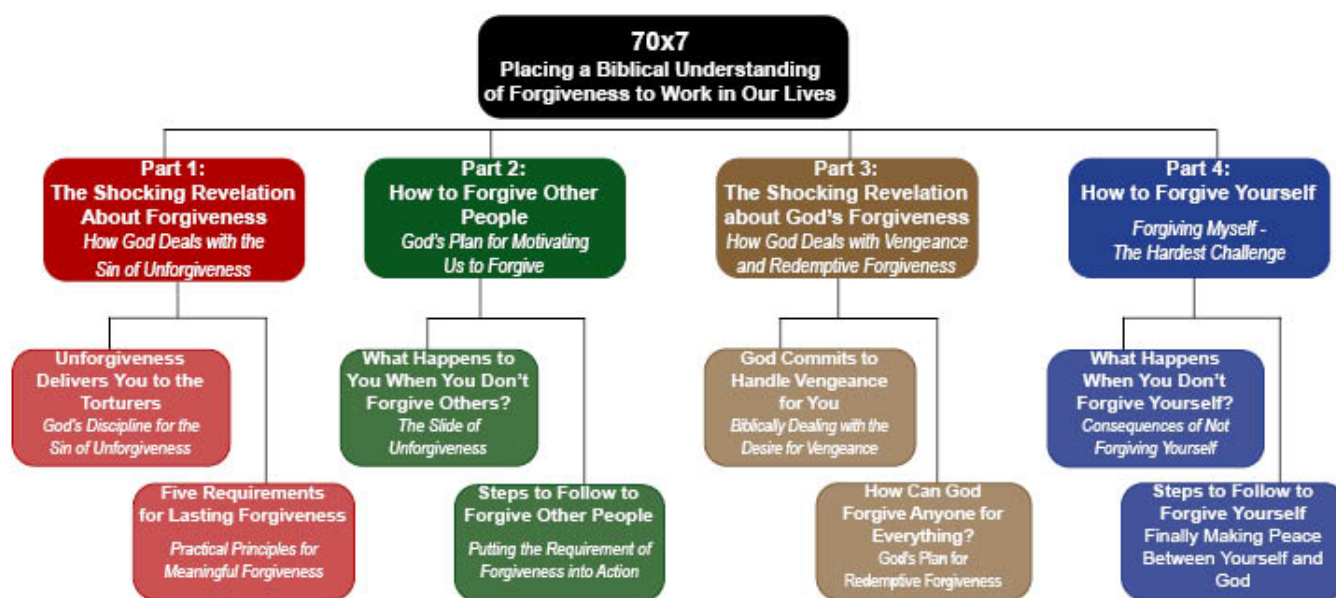
Welcome to 70X7

This is YOUR Leader Guide and should be used as such - a guide not an imperative. Make necessary changes to facilitate the highest outcome. Feel free to use the open space in this guide to write notes that will help you best facilitate this course for your group. Don't shy away from truth, but be sensitive to the short-term impact the lesson has on the group and the members. Some people may require more time in a given area than is given in this guide. And, above all else, follow the leading of the Holy Spirit each and every time.



The Mechanics of Facilitating 70X7 in a Church Setting

This Storyboard is a road-map to show how each session fits within the four sections, all focused on the course goal of putting forgiveness to work in our lives. Use it to help new members get a feel for where they are in the process.



The GOAL of this course is to transform lives - not simply a transfer of knowledge - to enable your members to experience forgiveness at a level never before known, and then to pass it on to others and, in some cases rebuild family, work, and friend relationships.

The Daily Devotionals are key to achieving this goal. If using a 2-hour format, review each daily devotional separately and thoroughly during the first hour. Ask questions about the most important points of each devotional. In either format, encourage members to work and pray through the Daily Devotionals daily - not all at once just prior to the next meeting.

Feel free to change the discussion questions as you see appropriate for your group. In all discussions, find ways to ask group members how they can put these points to work in their lives. Start with some basic questions and move up to more transformational questions.

Encourage the group to participate as directed by Dr. Wilkinson as if they are in the original seminar, rather than watching as mere spectators.

MEMBER DYNAMICS

People come from different backgrounds and may not know each other outside this group. Their personal history may cause fear of vulnerability. Understand that and be prepared to address it to build cohesion for good group dynamics and discussion. Don't force anyone to participate on a level above their comfort level, the Holy Spirit can and will help them along the way.

Don't be surprised to hear, "I've been in church all my life and I've never heard these things!"

You may learn that not everyone in your group is a born-again Christian, Session 6 deals with that possibility. Pray that members of your group will come to Christ and/or strengthen their relationship with Christ through this course as applicable to them.



PREPARATION FOR LEADING THE 70X7 GROUP

1. Prepare yourself to lead this group by completely going through it at least once (preferably more than once) as a student. Watch all of the videos, acting as if you were in Dr. Wilkinson's audience, not just an outside observer. Take time to do what Dr. Wilkinson asks his audience to do (consider going through it with someone so that you can do the one-on-one discussions as instructed in the videos); fill in the blanks as the videos proceed; go through the daily devotionals, using the journal to answer the questions and record your reactions. By doing so, you will have a better feel for what the group members will be going through and what they will be getting out of the course. Use the blank space in the margins of this guide to personalize the course to your style of facilitating and follow the lead of the Holy Spirit for your members.
2. As you work through the sessions pray, asking for wisdom, discernment and compassion for your group members. *"A wise person will hear and increase in learning, And a person of understanding will acquire wise counsel,"* (Proverbs 1:5)
3. Before each meeting, carefully review the materials for that meeting as a refresher.



GENERAL INSTRUCTIONS

- Open and close each meeting with a brief prayer for your group members, what they are learning and that the Holy Spirit will keep their minds open to the teaching and free of distraction. At some point, when you feel the group has become cohesive enough, think about having the members form a circle to pray. Consider asking if anyone would like to start the prayer and allow you end it.
- Establish the "ground rules"
 - This course will likely open deeply entrenched wounds. Begin by seeking total group agreement that the meeting needs to be a safe place for discussion.
 - All members must be allowed to speak openly and honestly about events of their life and their feelings about them.
 - Members must agree to show respect to the others by not criticizing or belittling what is being said/shared.
 - Each member must be allowed to speak openly and honestly about events of their life and their feelings about them.
 - Let the videos, devotionals, assignments and workbooks do the teaching. Your role as leader is to stimulate thoughts and discussion to help the group assimilate the teaching into their daily lives and reap the benefits of doing so.
 - Encourage the group to learn from each other's journey but not share other members' journeys outside of the group.

- For the first meeting, consider using an appropriate ice breaker to help everyone get to know each other at least a little. Decide in advance what you will use for this “ice-breaker” and what you will do if it does not work well for the group.
- Discuss how the course works and the importance of spending time on the Daily Devotionals between meetings. Help the group see that reviewing the main points of the previous video and the daily devotionals will be central to each session and to their learning.
- Videos may be shown in one of two ways:
 - (1) Play each video in its entirety with no interruption for questions or comments, waiting to discuss important points after the video is complete. There are several questions for group discussion that may be used at the end of the video. These appear in the Appendix section of this Leader Guide. It is unlikely that there will be sufficient time for the group to answer all the questions, decide which questions should be presented to the group or write your own as the Holy Spirit leads. It is helpful to have a handout of the questions to be discussed to give to each group - at least to the discussion leader if not all members.
 - (2) Stop the video from time-to-time to discuss salient points and anchor the lesson. Reminders from the videos are bulleted in each session of this Leader Guide. If you decide to stop the video at certain points, potential discussion questions and comments appear in italics. You are free to add your own as you get to know the group members better.

A suggestion for how to make this decision is simply ask the group what they would prefer, realizing that you are free to change direction if the group decides to do it differently after they have met a few times. Be flexible - this is THEIR meeting, not yours.



THE MEETINGS

| Length of Videos: |
|--|
| #1 - Unforgiveness Delivers You to the Torturers (47 min) |
| #2 - Five Requirements for Lasting Forgiveness (41 min) |
| #3 - What Happens to You When You Don't Forgive Others? (36 min) |
| #4 - Steps to Follow to Forgive Other People (40 min) |
| #5 - God Commits to Handle Vengeance for You (44 min) |
| #6 How Can God Forgive Anyone for Everything? (1 hr 2 min) |
| #7 - What Happens When You Don't Forgive Yourself (26 min) |
| #8 Steps to Follow to Forgive Yourself (45 min) |

To maximize this teaching it is best to plan full two hours* for each meeting, focusing on discussion and processing what is being taught (don't try to reteach the lesson). Video lengths vary; plan accordingly. Roughly speaking, spend the first part reviewing the previous video and daily devotionals and the second part on the current meeting's video. In general, most meetings have two parts:

1. Review and discussion of the prior meeting material. If at all possible, do not skip or shortcut this part of the meeting, review helps the group process and anchor what they are learning.
2. Presentation of the next video along with discussion for it. Members will likely struggle through some of the concepts learned along the way. Discussion of the concepts (with each other, under your leadership) should be focused on processing how these concepts can be put to work in their lives.

*Rough plans for 60 min - 90 min - 120 min meeting options are shown at the beginning of each session.

SESSION ONE

Workbook Pages: 4 - 6

Daily Devotional Pages: 7 - 12

Video Time: Approximately 47 minutes

| 60 min format | 90 min format | 120 min format | |
|------------------|------------------|-------------------|--|
| 2 min | 2 min | 2 min | Welcome + Brief Opening Prayer |
| | | 20 min | Social - Ice Breaker, Introductions |
| 5 min | 8 min | 8 min | Introduction to the Course + Definitions |
| 47 min | 47 min | 47 min | Session 1 Video |
| | 25 min | 35 min | Group Discussion - See Appendix |
| 5 min | 5 min | 5 min | Instructions for Following Week |
| 1 min | 3 min | 3 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |



TIME MANAGEMENT



DEFINITIONS: (take a few minutes to review these definitions before you start the video)

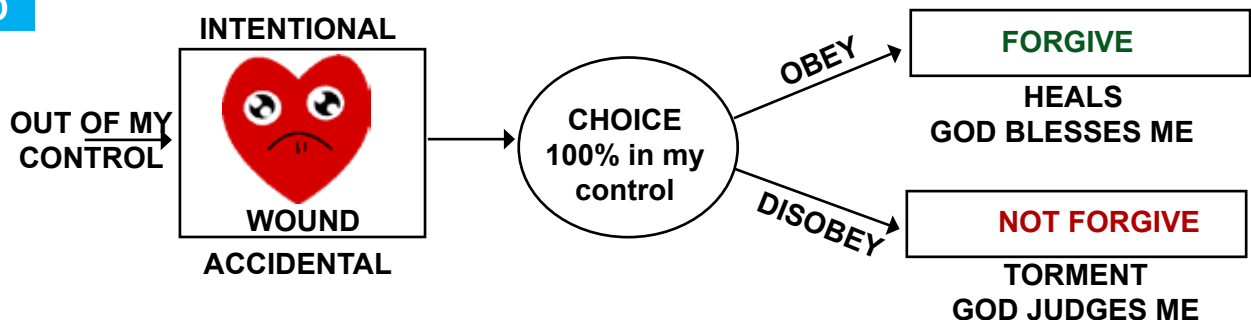
Debtor's Prison - In the days of Jesus, there was such a thing as "debtor's prison" where a person worked to pay off debts to others. They didn't have "filing bankruptcy" as a way out back then.

FILL IN THE BLANKS:

PART ONE

1. Everything
2. Wicked
3. Torturers
 - ex 1. Grace
 - ex. 2 Childhood
4. Unforgiveness
5. Suffering
6. Granted
7. Limit

PART TWO





KEY:

- Transcription and notes from video
- Italics = Editor's Notes*

It is strongly urged that you re-watch each video a few days before the meeting to refresh and remind yourself of the contents. As you do so, please pray for the enlightenment and discernment you will need during the meeting time. Pray for protection from interference and distraction for the group members and that they would be enlightened by the Holy Spirit as well.

Dr. Wilkinson expresses his greatest fear for this session. He is concerned that group members may get the impression that God is somehow cruel. Discipline is part of good parenting, and God is the perfect parent. You may wish to talk with your group about their concept of a "perfect parent" especially in terms of needed correction or discipline.

Note that while this series is presented in a list or prescription-style format, simply going through the mechanics in our "own power" will produce lackluster results at best. For something as life-changing and long-lasting as this, regular prayer and dependence on the Holy Spirit is a must. Reinforce this idea both orally and by example.

Prior to starting the video, begin by reading this synopsis to "set the stage" for this teaching session:

Video Session #1 Synopsis

"In this first session, Dr. Wilkinson unpacks the basics of forgiveness and clarifies some misunderstandings. He then reveals the shocking truth of how we suffer needlessly because of harboring unforgiveness in our hearts."

PART ONE

After reading the parable, Dr. Wilkinson says that Jesus pulls back the "veil" between heaven and earth and reveals a shocking truth, what the Kingdom of Heaven does to someone in the Kingdom of Earth when they will not forgive.

Jesus is speaking to His disciples (not unbelievers, not the Pharisees, Scribes, Gentiles or even the general population - to His disciples.) He says that if they (we) do not forgive others for what they have done to us, His Father will send torturers into our lives. And, that the torture will continue until we forgive the person for every single thing that hurt us. He says in effect, "...Peter, do you want to know why you should forgive 70x7?"

- Because if you don't, My Father will do that to you (send the torturers).

So there's the answer to the question, "What's In It For Me" (WIIFM) to forgive everyone?", the WHY question. Why should I forgive _____ for what they did to me?

- That's why life doesn't make sense. We don't understand the torture that comes emotionally, physically, financially, relationally could be related all the way back because the Father said, "No, he/she won't forgive, let's encourage them to forgive.."

SESSION ONE

- Just imagine what's happening in your life.
 1. God requires everyone to forgive everyone for everything.
 2. God describes people who don't forgive as WICKED.

Have you ever thought of unforgiveness as “wicked”? Does it surprise you that God see it that way? Why do you think He thinks of it that way (what had He done that would cause Him to see it that way)?

- Understand that God doesn't torture us. And, He doesn't want to deliver us to the torturers either. BUT, that is a “law” that was set up before the foundation of the world for a specific purpose: to discipline (not punish) us so that we change our ways and turn to righteous living which pleases Him and is good for us.

God is not abusive but has little tolerance for the sin of unforgiveness.

REMINDER: Dr. Wilkinson's “fear” of Session 1 is that we will misunderstand the heart of God as a result of this teaching.

- What does it mean to be “tortured”?

Torture is always suffering. Even secular evidence exists that many people are physically ill because of unforgiveness (see Johns Hopkins article in the Appendix on page ‘a’ of this guide).

- Final note: Dr. Wilkinson says, “Not all suffering; physical, mental, emotional, financial, relational is from the sin of unforgiveness. But having talked to psychologists and psychiatrists and done a great deal of research, it appears the safe guess would be between 60-80% of all that is related to unforgiveness.”

Verify that everyone is CLEAR on this note... NOT ALL!

- Fear of the torturers is Christ's reason to forgive without limit.

PART TWO

[@ 39:00] Encourage the members to draw the graphic their workbook - see page 1 of this guide.

Conclusion [@ 41:42]

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 6.
2. Pages 8-12 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under “The Multiplier Effect.”

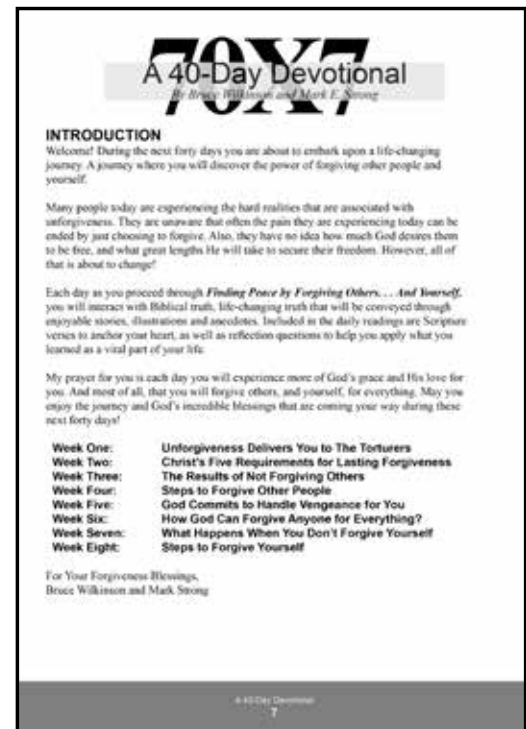
The Purpose of The Daily Devotionals

The daily devotionals are key to anchoring the teaching in the videos, developing the points of each session through the following week. They provide “real life” stories about the consequences of unforgiveness. Jesus taught us that stories often teach more than concepts alone.

Encourage members to:

- work through the devotionals each day during the week, rather than doing them all at once just to get them done.
- use the Daily Devotional Journal to remind them to do their daily reading and to capture their thoughts. Note that the Daily Devotional Journal may be downloaded free of charge through the BemaBuilders.org website.

Hint: Engaging members in discussions pertaining to the daily devotionals will allow them to process what they are learning with each other and you, as the Leader.



Workbook Pages: 14 - 16

Daily Devotional Pages: 17 - 21

Video Time: Approximately 40 minutes



TIME MANAGEMENT

| 60 min format | 90 min format | 120 min format | |
|---------------|---------------|----------------|--|
| 3 min | 10 min | 20 min | Welcome Brief Opening Prayer Open the floor for discussion about experiences during prior week |
| 3 min | 10 min | 15 min | Leader comments from Session 1 Introduction to Session 2 + Definitions |
| 40 min | 40 min | 40 min | Session 2 Video |
| 10 min | 25 min | 40 min | Group Discussion - See Appendix |
| 3 min | 4 min | 4 min | Instructions for Following Week |
| 1 min | 1 min | 1 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |



DEFINITIONS: (take a few minutes to review these definitions before you start the video)

Compassion - sympathetic pity and concern for the sufferings or misfortunes of others - even if you don't know what those might be.

Love - Agapao - verb form of agape; a willful decision or choice to act in the best interest of the other person regardless of feelings, not an emotional response.

Heart - Cardio - Center or core, not the heart (organ) or the emotional portion of a being (phileo).

FILL IN THE BLANKS:

Requirement 1

Open

Requirement 2

Extend
Person
Choice

Requirement 3

Release

Requirement 4

Forgive

- 4.1 Accidentally
- 4.2 Trespasses
- 4.3 Wound
- 4.4 Remaining
- 4.5 Apologize

- 4.6 Behavior
- 4.7 Restitution
- 4.8 Actions
- 4.9 Boundaries
- 4.10 Restored



Requirement 5

Bless

It is important to note that while this series is presented in a list or prescription style format, simply going through the mechanics in our “own power” will produce lackluster results at best. For something as life-changing and long-lasting as this, regular prayer and dependence on the Holy Spirit is a must. Reinforce this idea both orally and by example.

The teaching is meant to be a practical application of principles contained in the Bible regarding forgiveness, the “HOW.”

It might be helpful to continue to reinforce the WIIFM (What’s In It For Me) question to forgive everyone for everything - why should I?

Prior to starting the video, begin by reading this synopsis to “set the stage” for this teaching session:

Video Session #2 Synopsis

Forgiveness is one of the characteristics God desires to be a permanent fixture in our lives. This session reflects on Christ’s five universal requirements to break out of our heart-prisons, for real and forever.

Requirement 1

- **Open Your Heart (see dictionary on page 7):** The New Testament was originally written in Greek. This is not meant to be a “grammar lesson” - but... it may be helpful to see that the word (verb) forgive in this passage is in the Aorist Active Subjunctive tense. What does that mean?

AORIST: A single point in time: it happens once, not over and over

ACTIVE: I do it, I choose to forgive or choose not to forgive a specific offense done to me

SUBJUNCTIVE: It is potential: it may or may not happen, it is up to me - I choose

- Don’t say you “can’t open your heart” - you can, but will you? It’s up to you.

Does the explanation of the Greek word help any? If so, how?

- Wounds are in our heart, if we choose not to open our hearts to someone else, we cannot forgive, it is impossible.

What do you think is meant by “opening your heart” - how does that work? What would an open (or closed) heart look like - how would a person act differently in each of these cases?

Requirement 2

- After we “open our hearts” - we “extend compassion” to the other person. Why? Because we don’t know what (in their life) caused them to wound us - no matter what we might **think** - WE DON’T KNOW.

There are two ways compassion may be raised:

- (1) passive - they tell us something that “explains” what is happening or has happened to them and ask for our forgiveness - this is the “easiest” way to become compassionate;
- (2) they neither ask for forgiveness nor tell us anything about their own situation. In this case, we simply “decide” to extend compassion of our own free will. Note that we are extending compassion to the person at this point - we are not extending compassion for the act they did.

SESSION TWO

Have you done things in your life that you wish you hadn't done, that maybe you have never asked for forgiveness for? If that person "extended compassion" to you, how would it make you feel? What if you know that you don't "deserve" their compassion?

Requirement 3

- There are two parts to this requirement:
 - (1) Release the person from our heart prison and
 - (2) THEN forgive them for the THING they did. We try to "mix" the two - we try to forgive the person (a "blanket" forgiveness sort of thing), NO - we forgive the offenses.

Requirement 4

- We must forgive for every single trespass (plural in the passage) - we don't forgive people, we release people and forgive trespasses.

How is this different from forgiveness you have given to others in the past? Have you tried the blanket forgiveness approach (forgiving a person for everything they have ever done to us)? How well did it work?

- Forgiveness doesn't mean we are agreeing with the action, it isn't saying that what they did is "okay" regardless of their justification (or reason) for it.

Does this understanding help any? If so, how?

- Forgiveness is all about YOU - it's to get something you want (release from the torturers), it's not about THEM.
- Jesus does not require us to have the same relationship with all people.

Requirement 5

- Matthew 5:44-45 requires us to "Love, bless, do good, pray for our enemies" - the very people who hurt us. Again, looking at this in the original Greek language we see:

PRESENT: At all times

ACTIVE: I do it

IMPERATIVE: a command

- Jesus commands us to, at all times, be in the process of loving, blessing, doing good and praying for the very people who hurt us.

Conclusion [@ 37:39]

- We can't do those things without forgiveness, and forgiveness is a BIG THING to God.

Dr. Wilkinson says that we can't obey God without forgiveness and that forgiveness is a BIG THING to God. Why do you think it is a BIG THING to God, and why would we be unable to obey this command without first forgiving the offense?

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 16.
2. Pages 17-21 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under “The Multiplier Effect.”
3. Begin to think about the question, “Who hurt you the most?” and start to develop your list for the upcoming sessions.

Workbook Pages: 24 - 26

Daily Devotional Pages: 27 - 31

Video Time: Approximately 35 minutes

| 60 min format | 90 min format | 120 min format | |
|------------------|------------------|-------------------|---|
| 8 min | 15 min | 30 min | Welcome Brief Opening Prayer Open the floor for discussion about experiences during prior week |
| 3 min | 5 min | 10 min | Leader comments from Session 2 Introduction to Session 3 |
| 35 min | 35 min | 35 min | Session 3 Video |
| 10 min | 30 min | 40 min | Group Discussion - See Appendix |
| 3 min | 4 min | 4 min | Instructions for Following Week |
| 1 min | 1 min | 1 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |



TIME MANAGEMENT

FILL IN THE BLANKS:

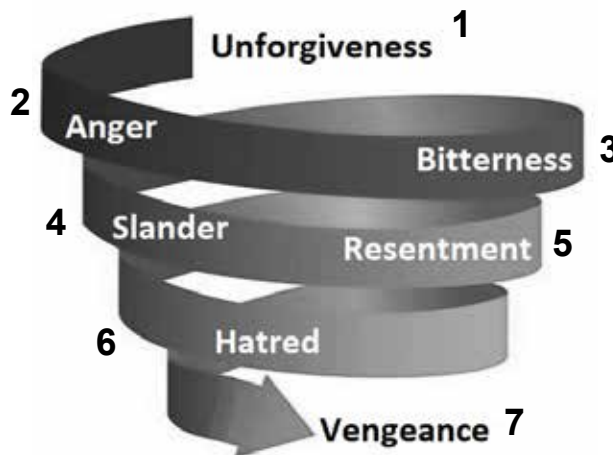
PART ONE

1. Sins
2. Torment
3. Emotionally
4. Sins
5. Medicine

PART TWO

- Stage 1. Unforgiveness
- Stage 2. Anger
- Stage 3. Bitterness
- Stage 4. Slander
- Stage 5. Resentment
- Stage 6. Hatred
- Stage 7. Vengeance

The Slide of Unforgiveness



SESSION THREE

Consider asking the group to begin “acting as if” they are part of the audience in Dr. Wilkinson’s group, whatever he asks his group to do, invite your group to “join them” in participating as if they are an extension of the original group. This will enhance their experience.

Prior to starting the video, begin by reading this synopsis to “set the stage” for this teaching session:

Video Session #3 Synopsis

“In this session, Dr. Wilkinson reveals how our choice in the forgiveness issue affects God’s response to us. The Slide of Unforgiveness is a major revelation of what happens when we don’t forgive others.”

Introduction

1 PART ONE

[@7:19]

- Dr. Wilkinson shares a story about a young man on the ship who’s life just wasn’t working well but he didn’t know why. He truly didn’t understand why he did the things he did.

Does your life “make sense” to you? Do you “know” who you REALLY are - not who you “try to be”?

- **Our Unforgiveness Causes God to Stop Forgiving Us - the “Lord’s Prayer”**

Encourage the group to recite the Lord’s prayer out loud together. Don’t be critical if they “can’t do this” right now - just do it yourself anyway.

Ask how many have recited that prayer in the past. Did they understand the relationship between our forgiveness of others and God’s forgiveness of us when they prayed it? We are actually asking God to LOWER His forgiveness to the same level as ours.

REMEMBER we are talking about relational forgiveness NOT judicial forgiveness - this has NO effect on our salvation, that was taken care of by Jesus on the Cross.

- This is the legal right the torturers have to torture us: **Our sins are not forgiven if we won’t forgive others.**

Q. On what basis does God, the Father, deliver a Christian (and a non-Christian) to receive torture?

A. God has stopped forgiving sins because of unforgiveness on our part and that opens the door to the enemy.

What does this have to do with the fact that you have accepted Jesus as your Savior? Do you know the answer to this challenging question?

- “Until you realize how powerful unforgiveness is, to affect every area of your life, you will not be determined to the level you need to be to never permit THIS sin in your life again!”

- Torment from unforgiveness does not cease by prayer, good works, ministry or medicine.

What do you think about this comment? Do you have any personal experience with this? Please share it with the group.

PART TWO

[@18:59]

- Unforgiveness is “alive” just like infection in a wound is “alive.”

What do you think about this comment? How would it manifest itself if it were “alive” in you?

This section is likely to have a significant impact on the group.

You are likely to see break-throughs as Dr. Wilkinson explains Part 2 of this Video.

As Dr. Wilkinson mentions each stage in the Slide of Unforgiveness, put each word on the board something like this diagram (this is intended to depict a circular slide).

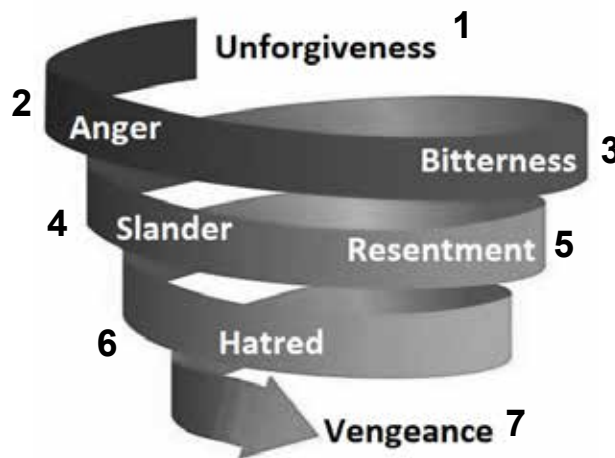
- Unforgiveness doesn't spread quickly. It spreads over time, unless the wound is extremely severe (it may progress more quickly in that case).

Take some time to discuss each of the stages of unforgiveness. Ask if each of the members can provide a practical example of how each stage “might look” in real life. Allow them to make up an answer if they are uncomfortable sharing a true story from their life. You may need to ask them to make their answers brief unless you feel this is having real/practical impact on their understanding of this session. Pray silently for your group at this pivotal point in the teaching.

Consider asking the group to memorize the seven words in the

See Appendix page
'a' for poem by
Darlene Wilkinson

The Slide of Unforgiveness



Conclusion [@ 35:06]

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 26.
2. Pages 27-31 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under “The Multiplier Effect.”
3. Continue to develop your list of those who hurt you (ones you need to forgive) for the upcoming session.

Workbook Pages: 34 - 37

Daily Devotional Pages: 38 - 42

Video Time: Approximately 40 minutes



TIME MANAGEMENT

| 60 min format | 90 min format | 120 min format | |
|------------------|------------------|-------------------|---|
| 5 min | 15 min | 30 min | Welcome Brief Opening Prayer Open the floor for discussion about experiences during prior week |
| 2 min | 5 min | 10 min | Leader comments from Session 3 Introduction to Session 4 |
| 40 min | 40 min | 40 min | Session 4 Video |
| 10 min | 25 min | 35 min | Group Discussion - See Appendix |
| 2 min | 4 min | 4 min | Instructions for Following Week |
| 1 min | 1 min | 1 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |

FILL IN THE BLANKS:

PART ONE

Preparation 1. Decide
Preparation 2. Name
Preparation 3. List

PART TWO

Step 1. Unforgiveness
Step 2. Anger
Step 3. Bitterness
Step 4. Slander
Step 5. Resentment

PART THREE

PRAYER: Confess
PEACE: Thank

Prior to starting the video, begin by reading this synopsis to “set the stage” for this teaching session:

Video Session #4 Synopsis

“This session focuses on the practical steps to follow that will help free us from unforgiveness.

Discover “**The Forgiveness Validator**,” an amazing tool that will help us settle each issue once and for all, and be released from torment and distress.”

PART ONE

[@ 10:30]

- In this session Dr. Wilkinson begins the actual process of forgiving. He talks about his own personal experience when he first learned this process. He writes on a piece of paper, “Dear God, I want to know who you want me to forgive.”

Consider providing a blank sheet of paper to each member, asking them to write that sentence across the top. Note that they will only begin the process during the session. Caution them against not continuing to work through the process between now and the next meeting.

- “I wrestled with the most difficult thing I ever had to do.” Corrie ten Boom

Ask the group if they can relate to Miss ten Boom’s story.

[During the discussion in the following meeting, talk about the emotions that surfaced as the group members worked on the list of people God wants them to forgive and what they did that needs forgiveness.]

- Miss ten Boom’s testimony continues, “... I knew it not only as a command of God, but as a daily experience. Since the end of the war I had a home for the victims of Nazi brutality. Those who were able to forgive their former enemies were able also to return to the outside world and rebuild their lives no matter what the physical scars. Those who nursed their bitterness remained invalids. It was as simple and horrible as that.” The entire story may be found in the Appendix on page ‘b’ of this guide if you wish to print and distribute it.

You may want to (strongly urged) stop the video at this part of her story [08:11] of this story. Encourage discussion about Miss ten Boom’s testimony concerning who could “return to the outside world and rebuild their lives” versus those who could not. Can members of the group identify with this? How?

- Forgiveness is not just an emotion. Forgiveness is an act of the will. The will can function regardless of the temperature of the heart. I had never known God’s love so intensely as I did at that moment.

What did Corrie “get” for obeying God at that moment? Is that something you desire?

SESSION FOUR

- And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. Romans 5:5 NIV

This is the greatest "how" statement of the entire course. Be sure to anchor this - that WE don't have the power to do this, but God does, He wants to, and He will if we ask Him to help us.

PART TWO

[@16:32]

Strongly encourage the group to listen carefully to Dr. Wilkinson's teaching and follow his instructions as if they are seated in his classroom RIGHT NOW. They will be greatly blessed if they "force themselves" to do so, should that be necessary.

Consider reading the following sentence together (out-loud) as a group affirmation. Encourage, but don't force.

"I hereby choose not to protect myself from my heart wounds any longer, but open my heart completely in order to forgive everyone else, set them free, and end all my torment."

- Forgiveness starts with your mind, it goes to your will and then it finally goes to your emotions. That's where the heart is.
- God will do everything He can to help us forgive.

PART THREE

[@32:47]

- God views our unforgiveness, bitterness, resentment, slander as sins. He views our hatred as a big sin and our vengeance as a very big sin. Therefore, it's time for us to confess our sins related to our unforgiveness to God.
- Who wants you to forgive everyone the most? God! Why? Because He misses you.
- If when using the Forgiveness Validator we discover that we have indeed forgiven everyone for everything, we will be flooded with God's peace.

If not, God will bring another person and wounds to your mind.

Ask the group if they "want" to be a "70x7 sort of man or woman." Do you want to join the 70x7 Club (informally)?

*As you review this video during the following meeting, invite the group to discuss their experience with using **the Forgiveness Validator**.*

Ask:

- did God remind you of people/wrongs that are still unforgiven?*
- how did that feel?*
- what did you do as a result?*

Conclusion [@ 34:09]

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 37.
2. Pages 38-42 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under “The Multiplier Effect.”
3. Begin to work through your list of people who have “wounded you” in the past one name at a time. Use the steps listed on pages 34-36 of your workbook. If possible, say your words aloud (even a whisper is sufficient). Try to picture the event actually happening at the core of your being. Emotions may occur during this time, but are not necessary for the process to be seen by God and complete. If you find yourself “stuck” simply stop and pray, asking the Holy Spirit to Help you, He will be delighted to do so.

Workbook Pages: 34 - 37

Daily Devotional Pages: 38 - 42

Video Time: Approximately 44 minutes



TIME MANAGEMENT

| 60 min format | 90 min format | 120 min format | |
|------------------|------------------|-------------------|---|
| 3 min | 12 min | 25 min | Welcome Brief Opening Prayer Open the floor for discussion about experiences during prior week |
| 2 min | 5 min | 10 min | Leader comments from Session 4 Introduction to Session 5 |
| 44 min | 44 min | 44 min | Session 5 Video |
| 9 min | 25 min | 35 min | Group Discussion - See Appendix |
| 1 min | 3 min | 5 min | Instructions for Following Week |
| 1 min | 1 min | 1 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |

FILL IN THE BLANKS:

PART ONE

1. Pain
2. Injustice
3. Unforgiveness
4. Comfort

PART TWO

1. Believes
2. Righteous
3. Enemies

PART THREE

- Step 1. Evil
- Step 2. Goodness
- Step 3. Anything
- Step 4. His
- ★ Step 5. You
- Step 6. Kindness
- Step 7. Good

SESSION FIVE

Note to Facilitator:

This session has the potential to be a tremendous growth point in the spiritual lives of the group members. It introduces the notion that we have to take something that we feel very strongly about - the desire for vengeance - and give it over to God, trusting that He can and will handle it for us. For many, that may not be an easy step; be prepared to deal with this.

Prior to starting the video, begin by reading this synopsis to “set the stage” for this teaching session:

Video Session #5 Synopsis

“Our desire for vengeance is often the single greatest barrier to forgiveness. This session explores some shocking truths about God actually claiming the right to exact vengeance for Himself.”

PART ONE

[@ 1:56]

- The reason 80% of the people who choose not to forgive is because they want vengeance.
- Is the desire that we have for vengeance right or wrong? Is it a sin or not?
- Vengeance gives us comfort. The desire and hope for vengeance gives us pleasure. It is important to understand that this is “normal” in human beings.
- We can go instantly from unforgiveness to the desire for vengeance (not having to go through each of the preceding steps) if something really traumatic and terribly wrong happens to us.

Can any of the group members think of anything in their life that caused them to have the desire for vengeance? Ask for a show of hands.

PART TWO

[@ 6:10]

- The desire for vengeance isn’t something we should be ashamed of, it’s isn’t wrong or sinful.
- Dr. Wilkinson tells a story about a horrific thing a man in Africa did to young girls there and makes these statements, “Think about what you just heard. If you don’t desire vengeance from that, you are not a human being.”
- It is not the desire for vengeance that is ungodly, it’s how you deal with that desire.

PART THREE

[@ 15:07]

- Decide in advance what we will do when evil happens to us.
- Dr. Wilkinson asks the question - “Do you have a plan for how you will respond WHEN evil happens to you?”

- We do NOT take out vengeance for ourselves, that is a line which we cannot cross.

Ask the group what it means to delegate all wrath to God.

- *How is that done?*
- *In asking God to take out wrath against someone who hurt you, are you asking God to do something He doesn't want to do?*
- *What is the primary thought about God's promise to repay in our behalf that prevents us from giving our vengeance to Him rather than doing it ourselves?*

- There are two sins that God has no tolerance for (1) unforgiveness and (2) taking advantage sexually over another person.

Ask for a show of hands as Dr. Wilkinson does, "How many of you have some vengeance things that you need to let go?"

Conclusion [@ 40:32]

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 47.
2. Pages 48-52 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under "The Multiplier Effect."
3. Continue to work through the list you developed for last week, adding names and events as the Holy Spirit brings them to mind. You should begin to see yourself forming a "habit" of forgiveness as the weeks progress. If you aren't prepared to ask God not to enact vengeance on your behalf, simply set that aside until you are ready to do so.

NOTE TO GROUP LEADER:

Session 6 is the longest in this series at just over 1 hour. And, it is extremely important to anchoring the series. Consider discussing this with the group at the beginning of your meetings to decide how you wish to handle this issue.

OPTIONS:

- 1. Session 6 may be broken into to separate meetings by stopping the video between Part 3 and Part 4 as follows:
6a 37 minutes Parts 1-3
6b 26 minutes Parts 4-5 + Conclusion*
- 2. You may decide to extend this one meeting by 15-30 minutes to allow for the length of the video but not cut the discussion time down as it is very important.*
- 3. You may decide not to do either of the above and simply have less discussion time as is indicated in the Time Management chart on page 27.*

ALSO -

There may be someone in your group that decided to give their life to Christ as a result of this session.

Consider: EITHER stopping the video at the point where Dr. Wilkinson turns to the camera and urges video class audiences to talk about that at a break,

OR waiting until Dr. Wilkinson takes the video audience through the salvation prayer (at the end of the video) and asking if anyone in your group prayed that prayer for the first time.

Take time to celebrate any that indicate that they have accepted Jesus into their hearts through this session.

Workbook Pages: 54 - 58

Daily Devotional Pages: 59 - 63

Video Time: Approximately 62 minutes*

| 60* min format | 90 min format | 120 min format | |
|----------------|---------------|----------------|--|
| | 10 min | 15min | Welcome Brief Opening Prayer Open the floor for discussion about experiences during prior week |
| | 5 min | 5 min | Leader comments from Session 5 Introduction to Session 6 + Definitions |
| 62 min | 62 min | 62 min | Session 6 Video |
| | 10 min | 35 min | Group Discussion - See Appendix |
| | 2 min | 2 min | Instructions for Following Week |
| | 1 min | 1 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |



TIME MANAGEMENT

*This video is 62 minutes long which does not fit the 60 min meeting format. See Note to Leader on page 26 for some options.



DEFINITIONS: (take a few minutes to review these definitions before you start the video)

“According to the prince of the power of the air” = Satan, meaning we live(d) our lives “in agreement” with Satan

Biblical Death – separation from God, from everything right, everything good, everything pleasant - HELL forever

Propitiation - means that all of God’s wrath is taken care of, the payment is “enough”

Repentance - to change one’s mind, to change how we think. In this instance, “I used to think I could save myself by the good things I did, but now I realize I cannot save myself. I need someone else to pay for my sins otherwise I will go to hell - I have no hope.”

FILL IN THE BLANKS:

PART ONE

1. Offspring
2. Personally
3. Sorrow

PART TWO

1. Enemies
2. Disobedience
3. Penalty
4. Hell

PART THREE

1. Solution
2. Substitution
3. Jesus
4. Sin

PART FOUR

1. Gift
2. Works
3. Salvation

PART FIVE

- Type 1 - Redemption
Type 2 - Relationship
- 5.6 Hell Earth
5.12 Death Discipline

Prior to starting the video, begin by reading this synopsis to “set the stage” for this teaching session:

Video Session #6 Synopsis

“It is easy to assume that for God to forgive us, all that would be required is for Him to simply say, “I forgive you.” But it wasn’t that easy for God. In fact, it was painful and costly. Your heart will swell as you picture God’s incredible love--and you will see why He has little patience with our unforgiveness.”

1

PART ONE

- How can God forgive anyone for everything AND at the same time He turned right around and said if you don’t forgive your brother from your heart neither will I forgive you.
- Q=What makes God need to forgive? A=We wounded Him.
- You can only be crushed by someone you love.

Talk about God’s feelings toward each of us and about how He feels about our rebellion and sin against Him. Is this “new information” that provides some insight and understanding about forgiveness?

2

PART TWO [@ 6:45]

Ephesians 2:1-3 clearly states that we all once “walked (lived, conducted our lives) according to Satan.” Take a poll - how many in the group realized this to be the truth? How does that make us think about ourselves? How does God feel?

- God does not have neutral feelings toward us. We become His enemies. We walk (live) according to His enemy called Satan, and He has wrath toward us because of it.
- How “big of a deal” is/was our disobedience to God? Very Big!

Talk about why God made hell in the first place? How did mankind “end up” getting “the same sentence” as rebellious angels? Is that justice?

3

PART THREE [@ 12:55]

- God’s solution to the problem of us hurting/wounding Him was the opposite of what we do, He kept his Holy heart open to all of us. Even though He had wrath and judgment.

According to God’s perfect justice, no amount of “good works” changes the outcome of the death penalty. What are your thoughts about that?

Dr. Wilkinson emphatically states (from Scripture) that “it pleased the Lord to crush - kill - the Son.” Why do you think Dr. Wilkinson felt the need to emphasize this? What is your reaction to it? And what does it have to do with this course?

SESSION SIX

- Dr. Wilkinson says he never “gets over” this question. “How much does God love me? How much does God love you?”

In the original Greek language this verse is translated to mean, “That the world may know that the same amount of love you have for me as Your Eternal Son is identical to the amount of love you have for your other sons and daughters.”

Consider asking the group to think about that question for a few moments then talk about it among themselves. Do they know how much He loves them?

- **Propitiation** is a big concept that is very simple. Propitiation means that all your wrath is taken care of, that it is “enough.”
- When Jesus died, the Father said, “It is enough. You paid for all the sins of the world - all of them!” So, is God still wrathful toward us? No, He can’t.
- But ... can He discipline us? Yes. *He can and He does.*

PART FOUR [@ 36:51]

- The nicest person in the world has rebelled against God many times, and he/she deserves the death penalty. No amount of good deeds can make up for it.
- If Jesus paid for all the sins for all of humanity for all time, then why doesn’t everybody go to heaven automatically? What a great question.
- *Repentance* - you can’t be saved without repentance. What does that mean? In essence, “Up to this point in my life I thought if I could do enough good works God would say, ‘You’re not too bad, son, come on in.’ Therefore, I did my own salvation.”

But, because the death penalty doesn’t let me do my own salvation, I have to “change my mind” - that’s what repentance means, it means to change how you think. I used to think I could save myself by the good things I did. Now I realize I cannot save myself. Unless someone who is sinless dies in my place and pays for my sins, I will go to hell. I have no hope.

- What does God want? He wants us to humble ourselves, realize we cannot pay the price (wage) and accept the gift of the substitutionary death of Jesus for our salvation. It’s a gift, it’s waiting there - but we have to take (accept) it.
- Consider the reason why some people have a problem taking Jesus’ substitutionary death on the cross as sufficient for salvation as “easy believe-ism” - Of course it is easy - He did it all. All the Father asks is that we believe it.

PART FIVE [@ 48:38]

- There are two types of forgiveness. One is the salvation type of forgiveness. Once we are saved, we have a choice of how we are going to get along with God. And if we choose to sin in a major way (not forgive), what is God going to do?

- He has already forgiven our sins so we can enter heaven, but He is saying we are going to need to pay for this sin right now. He is going to discipline us. He doesn't lock heaven, that's already been settled. BUT to make us stop, He delivers us to the torturers. He stops forgiving our sins (that's how the torture happens). These are things that happen with our relationship BEFORE we die.
- He will discipline us to bring us back to obedience, that is what this forgiveness is about.

Ask the group if they clearly understand the difference between these two types of forgiveness. It is important that they do.

Conclusion

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 58.
2. Pages 59-63 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under "The Multiplier Effect."

Workbook Pages: 66 - 68

Daily Devotional Pages: 39 - 73

Video Time: Approximately 26 minutes

| 60 min format | 90 min format | 120 min format | |
|---------------|---------------|----------------|--|
| 5 min | 14 min | 25 min | Welcome Brief Opening Prayer Open the floor for discussion about experiences during prior week |
| 2 min | 10 min | 20 min | Leader comments from Session 6 Introduction to Session 7 |
| 26 min | 26 min | 26 min | Session 7 Video |
| 20 min | 30 min | 35 min | Group Discussion - See Appendix |
| 2 min | 5 min | 5 min | Instructions for Following Week |
| *5 min | *5 min | *9 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |



TIME MANAGEMENT

*An optional 5-minute clip entitled *Falling More in Love with Jesus* may be played here - download the video from the www.BemaBuilders.org website.

FILL IN THE BLANKS:

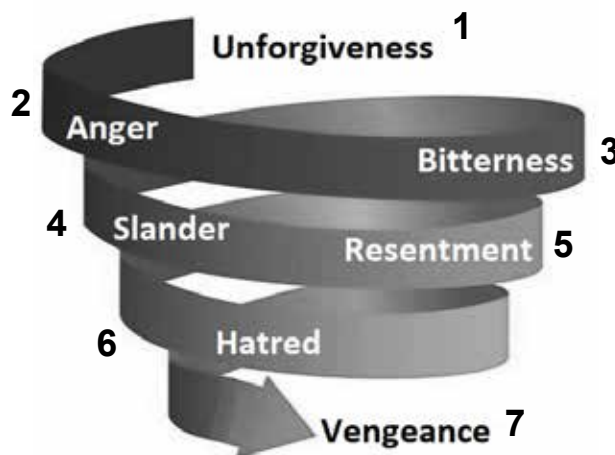
PART TWO

1. Unforgiveness
2. Heart
3. Motives
4. Failure
5. Self-pity
6. Comfort
7. Isolation

PART THREE

- Stage 1. Unforgiveness
- Stage 2. Anger
- Stage 3. Bitterness
- Stage 4. Slander
- Stage 5. Resentment
- Stage 6. Hatred
- Stage 7. Vengeance

The Slide of Unforgiveness



SESSION SEVEN

Of Note: these last two sessions will force members into significant introspection (concerning sins they have committed). You may see them struggling with and hopefully conquering their long-held self-inflicted pain. Pray to be prepared to help them individually and as a group.

Prior to starting the video, begin by reading this synopsis to “set the stage” for this teaching session:

Video Session #7 Synopsis

“Many people feel that the only thing harder than forgiving someone else is forgiving themselves. Tragically, we often think if we suppress our personal unforgiveness, then we’ll never experience negative consequences. But nothing could be further from the truth.”

PART ONE

- After sharing a story about a woman he knows, Dr. Wilkinson makes this statement, “There’s not a sin that you and I commit, include murdering our own children, that God can’t forgive because that act she did was placed on Jesus 2000 years ago and He paid for it. There is no exception.”

Ask the group if any of them consider anything they have done in their lifetime as “too big for God to forgive.” Allow them to share as they desire (don’t force it, nor allow it to take over the entire meeting. As the facilitator, you will need to be careful here.)

- If you don’t forgive yourself, you are delivered to the tormentors as well.
- The two things we have to forgive ourselves over are (a) hurting other people and (b) hurting ourselves.
- If you have unforgiveness - **FORGET YOUR PRAYERS BEING ANSWERED!** Mark 11:22-26

PART TWO [@ 8:14]

- What happens when we don’t forgive ourselves?

PART THREE [@ 11:27]

Refer to notes on this from page 13.

- The only difference is that now all of these stages are feelings we have for ourselves. Note that we can have unforgiveness toward ourselves for things that weren’t even sins things we did that we wish we hadn’t done, simply mistakes.
- Not forgiving yourself is a big deal.

- What is it in your life you don't want to forgive yourself for?
- The greatest gift of a person to another human is to forgive. It's a greater gift than loving somebody.
- May you become a man or woman who becomes known as a person who forgives.

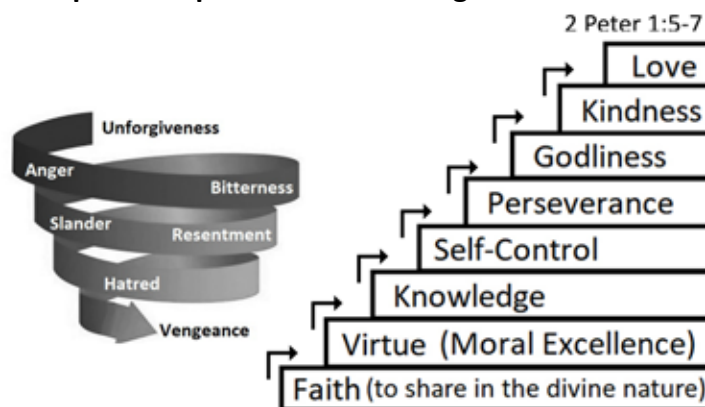
Conclusion

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 68.
2. Pages 69-73 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under "The Multiplier Effect."
3. In preparation for the Eighth Week, begin to make a list of sins and mistakes you have made that you have not asked forgiveness for or that you have not forgiven yourself for. This may be things you have done that have hurt other people or have hurt only you.

Stair-steps back up the Slide of Unforgiveness



You may want to draw the *Slide of Unforgiveness* next to this staircase to help the group visualize falling and then using Scripture to climb out.

Workbook Pages: 76 - 79

Daily Devotional Pages: 80 - 84

Video Time: Approximately 45 minutes

| 60 min format | 90 min format | 120 min format | |
|---------------|---------------|----------------|--|
| 5 min | 10 min | 25 min | Welcome Brief Opening Prayer Open the floor for discussion about experiences during prior week |
| 2 min | 5 min | 20 min | Leader comments from Session 7 Introduction to Session 8 + Definitions |
| 45 min | 45 min | 45 min | Session 8 Video |
| 5 min | 25 min | 25 min | Group Discussion - See Appendix |
| 1 min | 3 min | 3 min | Instructions for Following Week |
| *2 min | *2 min | *2 min | Closing Remarks and Blessing |
| 60 min | 90 min | 120 min | Total Meeting Time |



TIME MANAGEMENT

*If the group does not plan to do a Session 9 Wrap-up/Celebration Meeting:

- 1) Thank the group for coming and participating.
- 2) Encourage the group to continue with the process - and prayerfully attempt to maintain a forgiveness lifestyle.
- 3) Encourage the group to share this video with others and perhaps host a group in their home or church.

DEFINITIONS:

Propitiation - means that all of God's wrath is taken care of, the payment is "enough"



FILL IN THE BLANKS:

PART ONE

- Preparation** 1. Decide
Preparation 2. List
Preparation 3. List

PART TWO

- Step 1. Open
Step 2. Extend
Step 3. Release
Step 4. Forgive
Step 5. Apologize

PART THREE

PRAYER: Confess

Consider asking the group to begin “acting as if” they are part of the audience in Dr. Wilkinson’s group, whatever he asks his group to do, invite your group to “join them” in participating as if they are an extension of the original group. This will enhance their experience.

Prior to starting the video, begin by reading this synopsis to “set the stage” for this teaching session:

Video Session #8 Synopsis

“Video Session #8 takes everything taught through the course and focuses it on the toughest person to forgive, ourselves. The steps to forgiveness are similar to forgiving anyone else, with the added need to both seek forgiveness of yourself as well as forgive yourself - both sides of the forgiveness process.”

“Dr. Wilkinson makes the point that we need to change our habit of unforgiveness (when we are hurt) to a habit of forgiveness.”

PART ONE [**@ 4:50**]

- Jesus forgave Peter for denying Him. The question was ... would Peter forgive himself enough to go back into ministry for Jesus?
- Until we forgive ourselves, we will never fulfill the destiny God has planned for us. We will always withhold ourselves and not trust ourselves or God.

Challenge the group members to raise their hands in response to Dr. Wilkinson’s questions,

“How many of you are going to forgive yourself today?”

“How many of you can’t think of anything you need to forgive yourself for?”

“Before God, I have forgiven myself for everything.” Did anything just come to your mind?

- If we have regrets that “we will take to our grave” it means that we have not forgiven ourselves.
- This is where a lot of people have addictions they can’t seem to break:
 - Addictions to food
 - Addictions to pornography
 - Addictions to alcohol and drugsNot all of it, but much of it is from unforgiveness toward ourselves.
- When we have vengeance toward ourselves there is no end to it. Vengeance is an addiction in and of itself.
- The vengeance causes pain, we sabotage ourselves and we need comfort because there’s so much pain. When the need for comfort is so strong, we search for something to give us some comfort. What gives us comfort? Sin.
- Is all this wasteful, unnecessary suffering? Yes.

SESSION EIGHT

- God can and will discipline us - He doesn't need our help.
- Do we realize how much of our suffering is totally stupid?

PART TWO

[@ 15:56]

Ask the group to read the part of Step 2 aloud with the participant's in Dr. Wilkinson's class. Do it slowly (over and over), then before starting the box contained in Step 2, ask them to close their eyes and think about the component parts of the statement for a few minutes.

It might be helpful to ask the group to only list one thing during your meeting, and then watch the people in Dr. Wilkinson's class. Notice how they are ALL writing things down. Look at their faces, look at their eyes, consider their "body language." They are ALL human just as those in your group all human. We are ALL in need of mercy, grace and compassion - because we have all sinned in many ways.

Continue to be "a part of Dr. Wilkinson's class" doing as he instructs along the way.

- It is so seldom that we are ever kind to ourself. Especially if we grew up in a demanding home.
- The most forgiving people are the people that are kind to themselves. "Do unto others as you do unto yourself" - if we can't give compassion to ourselves, we won't be very good at giving compassion to someone else.
- Compassion is extended from the heart - not from the head.
- We so seldom show compassion to one another.

Note that the examples given by Dr. Wilkinson's group are fairly general in nature. Those are the "easier" ones to share with others, and that's okay. Encourage the group to complete these steps later (between this and the next meeting) and begin to drill down into specific things (like what you may have listed in Preparation #2 on page 76 in your workbook).

- Picture yourself weeping with regret for what you did, BUT joyful that you're finally free, that you're no longer in your own heart prison.

PART THREE

Confess your sins to God...

Conclusion

Discussion Questions: See Appendix

Homework Assignment

1. Answer the four questions on page 79.
2. Pages 80-84 provide 5 Daily Devotionals to read and consider during the next week. Read one each day and answer the question(s) listed under “The Multiplier Effect.”
3. Work through your list of sins and mistakes, asking for forgiveness for each one and giving yourself forgiveness as well. Remember to ask for forgiveness for not forgiving your self before now, that is a sin all it’s own.

Workbook Pages: None

Daily Devotional Pages: None

Video Time: None*

*Although this session has no assigned workbook pages or video, several video options exist:

- 1) Informational videos about the Teach Every Nation (TEN) ministry are available. These are approximate 5-6 minutes each and may be found on the www.BemaBuilders.org website.
- 2) You may poll your group (in advance) to see if they wish to continue meeting by using other great discipleship videos from TEN. IF SO, play the accompanying promotional video to a few of those.

| 60 min format | 90 min format | 120 min format | |
|---------------|---------------|----------------|---|
| 2 min | 2 min | 2 min | Welcome Brief Opening Prayer |
| | 30 min | 40 min | Optional celebration "meal" - potluck, catered, etc. as the group desires |
| 15 min | 15 min | 35 min | Leader comments from Session 8 Open the floor for discussion about experiences during prior week |
| 35 min | 35 min | 35 min | Group Discussion - See Appendix |
| 5 min | 5 min | 5 min | Optional (Promotional) Video |
| 3 min | 3 min | 3 min | Closing Remarks and Blessing (*see below) |
| 60 min | 90 min | 120 min | Total Meeting Time |



TIME MANAGEMENT

***Closing Remarks:**

- 1) Thank the group for coming and participating.
- 2) Encourage the group to continue with the process - and prayerfully attempt to maintain a forgiveness lifestyle.
- 3) Encourage the group to share this video teaching with others and perhaps host a group in their home or church.

APPENDIX

Forgiven People

Forgive People

The king forgave his servant ...
The debt was very great.
The servant left forgiven,
But going out the gate
He met a fellow servant
Who owed him money, too,
And threw him into prison
Til he got what was due!
Perhaps he thought
his being spared
Was something he deserved,
But mercy and compassion
Left his heart and soul unstirred.
Where was the grateful spirit
That the servant could have shown
By being spared so great a sum
and pardoned to go home?

Forgiveness is a precious gift
That's given by God's grace,
But if we take it lightly
something else will take its place.
Offenses will be counted
And we'll soon forget the joy
That being so forgiven brings
Which nothing can destroy.
So take a breath and ask the Lord
To take you to that day,
Where He, in such compassion,
Washed all your sin away!
Then go to one another
With a humble, tender heart
And give what you've been given...

A fresh and second start.

by Darlene Marie Wilkinson

"It was in a church in Munich that I saw him, a balding heavysset man in a gray overcoat, a brown felt hat clutched between his hands. People were filing out of the basement room where I had just spoken, moving along the rows of wooden chairs to the door at the rear.

It was 1947 and I had come from Holland to defeated Germany with the message that God forgives. It was the truth they needed most to hear in that bitter, bombed-out land, and I gave them my favorite mental picture. Maybe because the sea is never far from a Hollander's mind, I liked to think that that's where forgiven sins were thrown. "When we confess our sins," I said, "God casts them into the deepest ocean, gone forever."

The solemn faces stared back at me, not quite daring to believe. There were never questions after a talk in Germany in 1947. People stood up in silence, in silence collected their wraps, in silence left the room. And that's when I saw him, working his way forward against the others. One moment I saw the overcoat and the brown hat; the next, a blue uniform and a visored cap with its skull and crossbones.

It came back with a rush: the huge room with its harsh overhead lights, the pathetic pile of dresses and shoes in the center of the floor, the shame of walking naked past this man. I could see my sister's frail form ahead of me, ribs sharp beneath the parchment skin. Betsie, how thin you were!

Betsie and I had been arrested for concealing Jews in our home during the Nazi occupation of Holland; this man had been a guard at Ravensbrück concentration camp where we were sent. Now he was in front of me, hand thrust out: "A fine message, fräulein! How good it is to know that, as you say, all our sins are at the bottom of the sea!"

And I, who had spoken so glibly of forgiveness, fumbled in my pocketbook rather than take that hand. He would not remember me, of course—how could he remember one prisoner among those thousands of women? But I remembered him and the leather crop swinging from his belt. It was the first time since my release that I had been face to face with one of my captors and my blood seemed to freeze.

"You mentioned Ravensbrück in your talk," he was saying. "I was a guard in there." No, he did not remember me. "But since that time," he went on, "I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well. Fräulein"—again the hand came out—"will you forgive me?"

And I stood there—I whose sins had every day to be forgiven—and could not. Betsie had died in that place—could he erase her slow terrible death simply for the asking? It could not have been many seconds that he stood there, hand held out, but to me it seemed hours as I wrestled with the most difficult thing I had ever had to do.

For I had to do it—I knew that. The message that God forgives has a prior condition: that we forgive those who have injured us. "If you do not forgive men their trespasses," Jesus says, "neither will your Father in heaven forgive your trespasses."

I knew it not only as a commandment of God, but as a daily experience. Since the end of the war I had a home in Holland for victims of Nazi brutality. Those who were able to forgive their former enemies were able also to return to the outside world and rebuild their lives, no matter what the physical scars. Those who nursed their bitterness remained invalids. It was as simple and as horrible as that.

And still I stood there with the coldness clutching my heart. But forgiveness is not an emotion—I knew that too. Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart.

"Jesus, help me!" I prayed silently. "I can lift my hand. I can do that much. You supply the feeling."

And so woodenly, mechanically, I thrust my hand into the one stretched out to me. And as I did, an incredible thing took place. The current started in my shoulder, raced down my arm, sprang into our joined hands. And then this healing warmth seemed to flood my whole being, bringing tears to my eyes. "I forgive you, brother!" I cried. "With all my heart!"

For a long moment we grasped each other's hands, the former guard and the former prisoner. I had never known God's love so intensely as I did then."

SUGGESTED GROUP DISCUSSION QUESTIONS

Note: Printable handouts for these discussion questions may be found on the BemaBuilders.org website.

Depending on the amount of time allotted for discussions, select a few of these questions or write your own based on the dynamics of your group.

|||||

Session 1

General show of hands if you agree:

1. How many of you can relate to the teaching of this video?
2. How many of you can say that you have suffered from torment of any kind (past or present) that you can relate to unforgiveness?
3. How many of you can say you have at least one person you need to forgive?

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. Have you ever thought about unforgiveness as “wicked”?
2. Does it surprise you that God sees it that way?
3. Why do you think He sees it that way (what has He done that would cause Him to see it that way)?

Session 2

General show of hands if you agree:

1. How many of you had at least one “Aha” moment as you listened to Bruce tonight?
2. How many of you find yourselves needing to forgive the same person(s) over and over instead of forgiving them once and being done with it?
3. How many of you thought that in Bruce’s illustration of the woman who had been raped he was pushing her too far and too fast to forgive? Did you change your mind by the end of the talk?

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. Were you surprised by the order of the steps? Did you have any issue with setting the person “free” before forgiving them?
2. Which of the five steps have you found to be the hardest or that you have most regularly encountered roadblocks to forgiving in the past?
3. Look at statements 4.1 to 4.10 on page 15 of your workbook. Which of these do you have the most trouble with (either not believing they are true, or not wanting to do them)?
4. What are your thoughts about statements 5.1 to 5.5 when you look at the tense of the Greek words? Note that they are:
 - a. present participle (we are to be in the process of doing the thing now) and
 - b. imperative (which means they are a command not a suggestion)?

Session 3

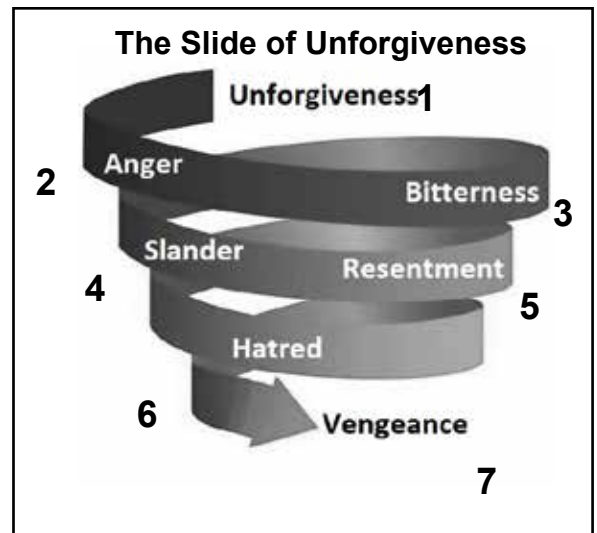
General show of hands if you agree:

1. Have you experienced the Slide of Unforgiveness in your life? -- all the way to Stage 7?
2. Are you beginning to suspect there are areas of your life where you are suffering that are related to unforgiveness, areas you would have never thought could have anything to do with unforgiveness?
3. When you see what you are asking for as you pray the Lord's prayer (for God to forgive you in the same way you forgive others), does that cause you to think differently about praying the Lord's prayer?
4. Are you beginning to understand why God hates unforgiveness so much?

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. Have you been harmed physically, spiritually, mentally, financially, or emotionally by not forgiving? Have you seen these areas get healed when you forgave?
2. Are there areas of your life that don't seem to work - areas that you now are beginning to suspect may be related to unforgiveness? What are they?
3. What has been your experience with the Slide of Unforgiveness? Is it easier to see it in others than in ourselves? If you discover you are on that slide, is that a reason to feel ashamed and hide from God, or a reason to thank God for helping us see the truth so we can stop the slide and start healing?
4. Is there anyone in the group who wants to admit they are currently on in the Slide of Unforgiveness in some way and want to invite the group to pray for them to stop the slide and forgive? Help each other now – the Lord will respond to a sincere request.



Session 4

General show of hands if you agree:

1. Are you glad you are on this journey toward forgiveness? Is it easy?
2. Do you think you could do what Corrie Ten Boom did with the guard from Ravensbrück?
3. Would you like to reach the place where forgiveness is easy?
4. Have you decided to begin the process of forgiving?

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. Take some time to discuss Corrie Ten Boom's story about forgiving the Ravensbrück guard.
 - a. What were your thoughts and emotions as you heard the story?
 - b. Can you understand why she desperately needed the help of the Holy Spirit at that moment? What lesson can be learned from that alone?
 - c. What about when Corrie said she had never felt God's love so intensely than when she grabbed his hand and forgave him?

2. In her story, Corrie ten Boom says, “But forgiveness is not an emotion—I knew that too. Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart.” How does this resonate with you? Does it help you in any way?
 3. Bruce said that it is often the people closest to us who suffer from the walls we put up in our hearts because of unforgiveness. Even if they are not the ones who hurt us and are imprisoned in our hearts, they often suffer by not being able to get close to us. Where have you experienced difficulty connecting with someone important to you? Do you think it was related to walls around your heart? Their heart? Both?
 4. As you journeyed through the process of forgiving the person who hurt you most, where did you experience the greatest roadblocks? The greatest emotions? The greatest release?
 - a. Listing the person, what they did and how you feel about what they did?
 - b. Opening your heart?
 - c. Discovering your ability to feel empathy and compassion for them?
 - d. Releasing them from your heart prison?
 - e. Forgiving them for each and every wound?
 - f. Blessing them?
 5. What are your thoughts about the possibility of becoming someone who is quick to forgive others, being able speak the **Forgiveness Validator** and feel only peace? Are you committed to doing the work needed to come to that place? If you are, share that commitment with others in your group.
-

Session 5

General show of hands if you agree:

1. Raise your hand if you were surprised when Dr. Wilkinson demonstrated from the Bible that the desire for vengeance is not a sin?
2. Were you surprised when he said, “The desire and hope for vengeance gives us pleasure. It is important to understand that this is “normal” in human beings.”?
3. Have you ever found comfort in your pain by the thought of the one who hurt you experiencing vengeance?
4. How many of you need to let go of the desire to take vengeance yourself? How many lean toward asking God to take over the vengeance? How many lean toward extending mercy?

Small group discussion:

Spend a few minutes talking through these questions with your group.

Definition: Basically, *avenge*, *revenge*, and *vengeance* are words that are often confused because of their similarities in meaning. Both *avengers* and *revengers* want to right a wrong, but *avengers* are motivated by justice, while *revengers* seek personal satisfaction, and *vengeance* is what you get when you enact both of those actions.

1. Dr. Wilkinson says, “It is not the desire for vengeance that is ungodly, it’s how you deal with that desire.” Talk with your group about what “vengeance” means to you (see “definition” above).
2. What effect does your desire for vengeance have on God’s love for you? Does God love you more if you tell Him not to seek vengeance in your behalf (or less if you want Him to obtain it in your behalf)?
3. If you were able to watch God enact vengeance on someone in your behalf, what do you think your response might be?

4. Is it possible that you have harmed someone sufficiently that they wish God to enact vengeance on you in their behalf? Does the effect your thoughts about vengeance in any way?
 5. Do you think you can be “satisfied” with leaving all vengeance up to God (in His time and His way)?
 6. Do you have a plan prepared (ahead of time) as to how you will respond when hurt or treated unjustly, or are you likely to respond based on emotion? What would a wise plan look like?
 7. How would it free you to have a clear understanding that you will never take personal vengeance? What are your thoughts about being so certain God will take appropriate vengeance that you can be free and uninhibited in loving and serving the one who hurt you?
 8. Are there any criteria which would make you more likely to ask God take vengeance than to extend mercy or vice versa? What would those criteria be?
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Session 6

General show of hands if you agree:

1. Raise your hand if before you started this course you had not thought of unforgiveness as a MAJOR sin against God, that this whole course is a new concept to you.
2. Raise your hand if you are beginning to get the “big picture” of why some things are going on in your life.
3. Raise your hand if before you started this course you had (virtually) no idea that some of the problems in your life are related to unforgiveness.
4. How many of you just prayed the prayer with Bruce to reaffirm the salvation you already had? Anybody for the first time?
5. Anyone amazed or shocked to hear about God’s emotions toward you? As his son or daughter? How he was crushed by your sin? How he loved you so much that he sent Jesus to die for you? That he was pleased to have Jesus die for you?
6. How many of you now understand the difference between the two columns on page 57? How you can be forgiven for eternity and yet not forgiven in this life?

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. God created hell for angels who rebelled against Him. What part of His nature/character requires Him to send some human beings to the same place?
2. How much does God love you? Do you know? What “clue” is provided in John 17:23b --- translated from the original Greek as: *“That the world may know that the same amount of love you have for me as Your Eternal Son is identical to the amount of love you have for your other sons and daughters.”*? (This is Jesus speaking to the Father.)
3. What does the word **propitiation** mean? How does it apply to this lesson?
4. If Jesus paid for all the sins for all of humanity for all time, then why doesn’t everybody go to heaven automatically? Do you know the answer now? Take turns sharing it with others in your group as it should become a very important answer to share with other Christians.
5. What does the word **repentance** mean? How does it apply to your salvation?
6. There are two types of forgiveness. One is the salvation type of forgiveness. Once we are saved, we have a choice of how we are going to get along with God. And if we choose to sin in a major way (not forgive), what is God going to do? Why does He do it?

7. What did you think about all the talk about the emotions of God? How does it change your understanding of sin and salvation when you see a father who is crushed and grieved by your sin rather than an emotionless police officer writing a ticket? How does it make you feel to think of God having justifiable wrath against you rather than just having objective charges against you? How does it make you feel to hear the Father was pleased to have Jesus die for you because he loves you the same as he loves Jesus?
 8. What are your thoughts about the reality that we all qualify for the death penalty, even the best of us? How does that affect your desire to stick with the strategy to argue for leniency because of your good works?
 9. What new insights about sin, forgiveness and God did you get from Bruce's discussion of propitiation and that the amazing thing was not that Jesus died but that he was welcome back into heaven?
 10. In what ways does it now make sense that your sins can be completely forgiven because of the cross, yet God can still be holding your sins against you in this life? How does it affect your strategy for Christian living by knowing salvation is a done deal, your penalty is paid and God is satisfied when it comes to eternal salvation, YET there is so much that is up to you when it comes to fully living this present Christian life?
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Session 7

General show of hands if you agree:

1. Dr. Wilkinson says, "Many people feel that the only thing harder than forgiving someone else is forgiving themselves." Raise your hand if this true of you.
2. Have you ever thought that not forgiving yourself is a big deal to God?
3. How many of you now believe some of your present problems are because you have not forgiven yourself for something?
4. Did one find one or more of the stories (the woman with the abortion, the millionaire who forgave himself or the millionaire who killed himself) hitting close to home?
5. Have you seen the symptoms Bruce mentioned of negative life-change due to unforgiveness manifest in you?

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. Dr. Wilkinson is emphatic when he says, "There's not a sin that you and I commit, include murdering our own children, that God can't forgive because _____. There is no exception." Can you fill in the blank? It is important that you know this as a FACT before you continue.
2. Have you ever thought about something you have done (to yourself or someone else) that may be "too big to forgive"? How long ago was it? Where on the Slide of Unforgiveness are you toward yourself at this point? How does it manifest itself?
3. What if it could be shown that many addictions (torturers) are a result of traveling down the **Slide of Unforgiveness**? Do you think that forgiveness of yourself could release you from the torture of addiction?
4. Dr. Wilkinson quotes Mark 11:25-26, "*And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses*" and says, "You can have all the faith in the world but if you have unforgiveness, forget your prayers being answered." Have you considered this before? Discuss this with your group.
5. Mark 11 links our receiving answer to our prayers to our forgiveness of others and self. How much do you think the witness and impact Christians are meant to have in the world has been lost because of unforgiveness?

6. What are the negative life changes you have seen in yourself or those around you because of unforgiveness (see part 2 on page 66).
 7. Where are you on the slide of unforgiveness (unforgiveness, anger, bitterness, slander, resentment, hatred, vengeance)? Have you experienced negative self-talk, addiction, self-sabotage, or self-destructive behavior because of your lack of forgiving yourself? Are you presently depressed or hopeless because of where you find yourself? How can the group pray for you?
 8. The woman who had the abortion said she did so because the message of the culture was that there was nothing wrong with it, but in her body she knew something was wrong. Where do you see popular culture setting people up for massive pain by telling them a certain plan of action is okay when it is against God's design?
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Session 8

General show of hands if you agree:

1. Do you have regrets that up until now you have thought you would "take to your grave" - meaning "never forgive yourself" for?
2. Did you consider this to be the "right thing" because of the nature of what was done?
3. Has today's teaching caused you to at least consider rethinking this?
4. How many of you are glad you have committed to completing this entire series?
5. How many of you are planning on forgiving yourselves? Apologizing to someone else because of this series?
6. How many of you want to be more intentional about living a lifestyle of forgiveness and being an advocate for others to do the same?

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. Dr. Wilkinson says, "There are a lot of people who have addictions they can't seem to break:
 - Addictions to food
 - Addictions to pornography
 - Addictions to alcohol and drugsNot all of it, but much of it is from unforgiveness toward ourselves." Can you identify with this in any way? Talk it over with your group.
2. What do you think about the idea that: *When we have vengeance toward ourselves there is no end to it. Vengeance is an addiction in and of itself.* Can you identify some "addictive behavior" in yourself (when "something seems to control you, that you just can't conquer")? What chance is there that it relates to unforgiveness of yourself for something you did long ago? Would you consider taking it to God in prayer for His help and guidance out of it? What about praying the same forgiveness over ourselves that we have toward others in this course?
3. Dr. Wilkinson talks about how humans get "comfort" from vengeance against themselves. He says the vengeance against ourselves causes pain, we sabotage ourselves, and we look for comfort from someone or something. The easiest way to get comfort from this is called "sin." Talk about some of the ways we comfort ourselves from this pain.
4. When we sin against someone (including ourselves) what does God do? He _____ us. Does God need or want "our help" in that process? Do you think that "punishing ourselves" for things we have done wrong is helpful to God?
5. Is it difficult to extend compassion to yourself? Why do you think it might be so? Have you said to yourself, I should

have known better or done better? Does extending compassion to yourself “excuse” what you did? How is it different? Look back at page 77 - Step 2. See if the group can read that statement aloud together:

“I am not perfect and make mistakes ,and commit sins like everyone else. I choose to obey Christ and ‘love myself’ enough to permit myself to grant mercy, grace, and compassion to myself. I accept reality and no longer deny what I did or deny my need to forgive myself.” **NOTE: this does not mean that the group has to “admit” to the others any particular sin.**

6. What are your thoughts about how Jesus was less interested in keeping Peter in his shame than in helping him to be set free to live his purpose? How does it change the way you look at your Christian life when you think of God being more motivated to set you free to live your purpose than to keep you in bondage to your shame and guilt?
 7. How did it feel to have to share compassion for yourself in the hearing of another person? How did it feel to visit yourself in your heart prison? Was it easier to relate to the “you” inside the prison being punished or the “you” outside the prison showing compassion and love? Why?
 8. What are your thoughts about Bruce saying so much of your self-inflicted suffering is wasted or even stupid because God never asked you to add your vengeance for yourself on top of his righteous vengeance for you?
 9. What did you find to be the most helpful parts of this course for you? What are the hardest or most challenging? What is your next step in responding to the message of this course?
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Session 9

[Note that the discussion portions of this meeting are “backward” to the prior sessions.]

Small group discussion:

Spend a few minutes talking through these questions with your group.

1. Did you find that this session was the most difficult of all the sessions? Why or why not?
2. Do you believe that you have truly forgiven everyone for everything (including yourself)? Why or why not?
3. Are you willing to continue to seek regular input from the Holy Spirit about “hidden” unforgiveness (something or someone who didn’t come to mind in prior sessions)? How will you handle this?
4. What thoughts do you have about not getting back into the habit of unforgiveness? What safeguards will you put in place to keep that from happening?

General show of hands if you agree:

1. Raise your hand if you believe that these 9 sessions have been “worth your time and effort” to attend and work through.
2. Raise your hand if you would classify this course as more than beneficial, that is has been “life-changing” for you in some way.
3. Have other people (friends, family members, co-workers, church friends) come to mind that you believe would benefit from this course? Raise your hand if you would like to help get this message out to others. Talk to the Group Leader about options to help others get this life-changing course.

TEACH EVERY NATION™



Certificate of Completion

This Certificate is Awarded to

In formal recognition of the completion of
Teach Every Nation's 8-session course,

70X7: Finding Peace by Forgiving Others...and Yourself

Bruce A. Wilkerson

President, Teach Every Nation

Date



Dorothy Wilkerson

Director, Global Curriculum TEN

Forgiveness: Your Health Depends on It

From Johns Hopkins Medicine

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it>

Whether it's a simple spat with your spouse or long-held resentment toward a family member or friend, unresolved conflict can go deeper than you may realize—it may be affecting your physical health. The good news: Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression, and stress. And research points to an increase in the forgiveness-health connection as you age.

"There is an enormous physical burden to being hurt and disappointed," says Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital. Chronic anger puts you into a fight-or-flight mode, which results in numerous changes in heart rate, blood pressure and immune response. Those changes, then, increase the risk of depression, heart disease and diabetes, among other conditions. Forgiveness, however, calms stress levels, leading to improved health.

Can You Learn to Be More Forgiving?

Forgiveness is not just about saying the words. "It is an active process in which you make a conscious decision to let go of negative feelings whether the person deserves it or not," Swartz says. As you release the anger, resentment, and hostility, you begin to feel empathy, compassion and sometimes even affection for the person who wronged you.

Studies have found that some people are just naturally more forgiving. Consequently, they tend to be more satisfied with their lives and to have less depression, anxiety, stress, anger, and hostility. People who hang on to grudges, however, are more likely to experience severe depression and post-traumatic stress disorder, as well as other health conditions. But that doesn't mean that they can't train themselves to act in healthier ways. In fact, 62 percent of American adults say they need more forgiveness in their personal lives, according to a survey by the Fetzer Institute.

Making Forgiveness Part of Your Life

Forgiveness is a choice, Swartz says. "You are choosing to offer compassion and empathy to the person who wronged you." The following steps can help you develop a more forgiving attitude—and benefit from better emotional and physical health.

Reflect and Remember

That includes the events themselves, and how you reacted, how you felt, and how the anger and hurt have affected you since.

Empathize with the other person

For instance, if your spouse grew up in an alcoholic family, then anger when you have too many glasses of wine might be more understandable, says Swartz.

Forgive deeply

Simply forgiving someone because you think you have no other alternative or because you think your religion requires it may be enough to bring some healing. But one study found that people whose forgiveness came in part from understanding that no one is perfect were able to resume a normal relationship with the other person, even if that person never apologized. Those who only forgave to salvage the relationship wound up with a worse relationship.

Let go of expectations

An apology may not change your relationship with the other person or elicit an apology from him/her. If you don't expect it either, you won't be disappointed.

Decide to forgive

Once you make that choice, seal it with an action. If you don't feel you can talk to the person who wronged you, write about your forgiveness in a journal or even talk about it to someone else in your life whom you trust.

Forgive yourself

The act of forgiving includes forgiving yourself. For instance, if your spouse had an affair, recognize that the affair is not a reflection of your worth, says Swartz.