



## Learning How to Forgive

One of the most challenging aspects of embodying Christ-like character is forgiving someone who has wronged you. Tuition fee is \$400 (a 30% discount). It is a commandment, just as Jesus Christ has forgiven you, you must forgive others (See Eph. 4:32). Forgiveness becomes particularly difficult when the offense causes a series of misfortunes that cannot be repaired, restored, or reversed, and restitution cannot change the circumstances. I understand this struggle firsthand, having experienced it when a friend tragically took my mother's life. In this painful journey, I learned that it takes the power of the Holy Spirit to forgive and that forgiveness is a process.

The Greek Word for “forgive” appears 146 times in the New Testament and is translated as *aphiemi*. This lesson will provide compassion, love, and strategies to help you forgive. We discuss:

- What It Means to Forgive:
- Why forgive?;
- Six Steps in Learning How to Forgive:
- How to deal with emotions, hatred, fear, feelings of revenge, disappointment, hurt, pain, betrayal, etc.
- Where Was God When This Happened?
- Forgiveness is a process!
- Embracing forgiveness is not just a spiritual act but a profound transformative process. Guided by the Holy Spirit, it has the potential to heal every aspect of your being—physically, mentally, emotionally, and spiritually. Once embarked upon, it can lead to profound changes in your life, offering you a path toward healing and wholeness.
- Seeking Other Assistance to Assist With Unforgiveness;
- How Unforgiveness Affects Your Health and Overall Well-being; ad
- Health Benefits Resulting from Forgiveness.