

UNFORGIVENESS



Do you secretly hope that someone will get what he/she deserves?

Are you still talking negatively about this person to others?

Do you indulge in fantasies of revenge - even mild ones?

Do you spend time mulling over what he/she did to you?

How do you feel when something good happens to him/her?

Have you quit blaming this person for how your life has turned out?

Do you find it difficult to be open and trusting with people?

Are you frequently angry, depressed, or bitter?

Do you find it difficult or impossible to thank God for your offender?

Let God examine your heart, does He find any unforgiveness there?

FOUR PROMISES OF FORGIVENESS

1. I will not think about this incident

2. I will not bring up this incident again and use it against you

3. I will not talk to others about this incident

4. I will not allow this incident to stand between us or hinder our personal relationship

K Sande