

# Seeking Forgiveness

By Susie Ibrahim, M.A., Licensed Marriage & Family Therapist

*“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you”*

– Ephesians 4:32

## Hindrances to Seek Forgiveness:

- Lacking time to communicate
- Being proud in relationships
- Being too general about the offense
- Allowing offenses to pile up

## When Seeking Forgiveness:

- Begin by admitting to God and yourself that you were wrong
- Spend time in prayer
- Be specific
- Accept responsibility for the consequences
- Change: consider the attitudes that may have led to the offense and seek to correct them

## Steps to Seeking Forgiveness:

- Be specific: “I’m sorry for \_\_\_\_\_.”
- Repent: “I was wrong and don’t want to do that again.”
- Ask for forgiveness: “Will you forgive me?”

---

*Turning Point Counseling*

Visit us at [TurningPointCounseling.org](http://TurningPointCounseling.org) ♦ Or call us at (800) 998-6329



# Granting Forgiveness

Rebuilding trust is **NOT** automatic. It takes time, patience, and grace from God

## True Forgiveness Is Not:

- Conditional
- Forgetting everything that has happened
- Pretending that something did not happen
- An automatic cure for the hurt

## It Is:

- A choice to set your spouse free from the debt of the offense
- An attitude of letting go of resentment and vengeance
- The first step toward a process of rebuilding trust
- An act of obedience to God

## Steps to Granting Forgiveness

- Do it privately - Go to God in prayer.
- God, I forgive \_\_\_\_\_ for hurting me.
- Do it publicly and specifically - Go to your spouse and be specific.
- I forgive you for \_\_\_\_\_.
- Do it graciously: Keep the bigger goal in mind. - Let's settle this and get on with our relationship.
- Do it generously: Acknowledge your own failings to maintain balance. - I've done things like that myself.

---

*Turning Point Counseling*

Visit us at [TurningPointCounseling.org](http://TurningPointCounseling.org) ♦ Or call us at (800) 998-6329

