



Forgiveness

- I will not use an incident against you in the future.
- I will not talk negatively to others about an incident I have forgiven.
- I will not dwell on the incident but will control my thoughts.
- I will not allow the incident to stand in the way of our relationship.

Forgiveness is not a one-time decision.
It is a choice you make each time you feel hurt again.

A Forgiveness Model

1. Our marriage is not a finished product. It is an on-going process—a team relationship that is continually maturing. Working together and forgiving one another are essential to our continued growth.
2. Take your teammate's hand. Take turns sharing the following:

I will forgive you when I am feeling wronged or hurt so our marriage can grow strong and healthy. I will also seek your forgiveness when I wrong or hurt you.

“Please forgive me for my selfish ways when I have put my needs above yours and have hurt you in the process, specifically _____

I am truly sorry and ask for your forgiveness.

The other teammate responds: “I forgive you.”

Repeat the process