

Roadblocks to Forgiveness

Offender →

Offence ←

Offended

Minor
Major

Emotional response

Righteous anger

Disorders (PTSD, Depression, Anxiety)

Resentment anger

Acceptance

Surrender to God's righteous judgement and mercy

Forbearance

Endurance

Disconnection

Open to the idea of forgiveness

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Rebuke

Regret/Remorse (heart)

Repent (head)

Release

Forgiveness

Resolution of Issue
(not forgotten, not remembered)

Non-restoration of relationship

Reconciliation

Restoration

New relationship based on growing trust

Forgiveness is based in a mutual relationship.

The four steps are:

1. The Offended REBUKES the Offender
2. The Offender expresses REMORSE
3. The Offender shows REPENTANCE
4. The Offended RELEASES the Offender from the offence

FORGIVENESS is now accomplished

