



FORGIVENESS— Costs and Benefits

The event: State what happened and what I'm feeling. (Continue on the back if needed):		
My default reactions when wronged (circle any that apply): The silent treatment / avoidance Resentment / bitterness Put-downs / insults / lectures Retaliation / revenge Gossip Read Other: _____ James 1:14-15	Benefit —This is what I imagine I can accomplish by acting on my temptations:	Cost —In reality, in the long run, my default reactions will result in:
Give a blessing through actions (outward): Acts of kindness Gifts Talk it out peacefully Gentle words Other: _____ Read _____ Romans 12:14, 21	Benefit —The benefits of kindness and self-control are:	Cost —The cost for me to be kind to them is:
Give a blessing through forgiveness (inner heart): Read Colossians 3:12-13, 1 Peter 2:19-25, Matthew 5:44-45, Ephesians 4:31-32 <ul style="list-style-type: none"> • Get alone with God. Express to God my desire to forgive. I relinquish my “right of revenge.” I’m willing to bear the cost. • Agree that He is their Judge, not me. • Thank Jesus that He has forgiven me. Worship, gratitude for grace and blessings. • Pray a blessing for them. Seek empathy. • Ask God’s Spirit to live out His love for them through my life. • Ask God for a mentor or counselor who can advise specific ways to give blessings. • Be honest about my feelings and express them to my advisor. • Get advice about how and when (and whether) to talk to the offender. • Get advice about apologizing for any hurtful responses that I showed (and follow through with an apology if appropriate). • When sad, I’ll reaffirm my forgiveness in prayer and spring to God’s promises. 	Benefit —God will fulfill His promises and bless me. Promise(s) that I will cling to: <div style="text-align: center;"> Three examples of promises: Romans 8:31-39 Romans 12:19-21 Psalm 56:8-13 </div>	Cost of forgiveness — Costs that I accept and am willing to bear are:
<div style="text-align: center;"> <p>Note: Forgiveness does not equal trust. Boundaries may be needed for your protection or for theirs. If boundaries are needed, keep an inner attitude of forgiveness so you can set the boundaries with a heart of love rather than with a desire for retaliation.</p> </div>		

“To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.” (1Peter 3:8-9 NASB)