

How to forgive in 30 minutes or less.

Do you churn in your mind about an offense that you can't shake? It can be small but it still bothers you. You want to forgive but it just sticks to you. You have tried talking to yourself, you keep playing the scenario in your mind and you have even talked to your best friends about it. It just sticks!

Forgiving is needed when you have been offended or hurt in any way. If you don't forgive the offense, it will repeat itself in the same way in different circumstances. Without forgiving, you feel like you're in emotional, relational, and mental jail.

Maybe you don't want to forgive because you have a misunderstanding of what forgiving means. You feel ripped off!

Forgiving is NOT.

1. It does not mean the action against you is acceptable..
2. It does not mean the offense is exonerated.
3. It does not mean you must give up pursuing justice.

Forgiving IS.

1. Forgiving is a lifestyle choice.
2. Forgiving disconnects you totally from the *law of restitution* expecting pay back or compensation.
3. Forgiving allows you to disconnect from the offense and emotionally from the offender.

You might say "I'm not spiritual. What do spiritual laws have to do with me?" If you are a living and breathing human being upon earth, spiritual laws operate in your life just like natural laws like gravity work on you without your permission. So, let me explain the *law of restitution*.

What is the Law of Restitution?

The Law of Restitution is a spiritual law that demands compensation for an offense. Only when compensation is made is it considered satisfied or finished. Your heart will continually look for compensation until *something* is provided.

1. If I damaged your car, you will want it **repaired or replaced**. When that happens, you no longer have a compensation claim and the case is closed.
2. If I offended you with an insult, you will want an **apology**. If I apologize, the issue is closed.
3. If I deceived you, you will want a **reason why** I did such a thing so we can close the issue. However you still hurt so the issue is not closed.
4. If I collided with you on your bicycle, you will want to know **how that happened**. Even knowing that, you cannot undo it.

Free download on how to forgive anyone, present or absent.

5. If I am grumpy toward you, you want to know my **excuse**. You suspect I am ill or had an argument with my spouse. An excuse does not remove the hurt of my bad behavior.

Notice, grasping for compensation does not heal your hurt nor does it free you from emotional disturbance.

When you choose to forego any compensation, you are choosing to forgive.

You are not accepting the behavior, you are not pretending you were not hurt, and you can still pursue justice. You are just foregoing your right to compensation.

Take action

Let me lead you on the path of how to completely forgive anyone whether they are present or not. You can forgive people who are no longer in your life.

1. Be specific about the action of the offense. (What action, said, or resulted?)
2. State what it did to you. (Hurt me, offended me, shamed me)
3. Forgive releasing all five points given above.

Speak this, not just run it around in your head.

I forgive (name) for (insulting me in the office meeting). He owes me no restitution. He does not have to make it up to me, no apology, no reasons, no explanations, and no excuses. I release him 100%.
I admit I held in my heart, anger, shame, disgust, and ___?___ from this event.
I choose to let go them now.

You will have a measure of freedom after you do this. Don't keep running it around in your head. Use this pattern as a prayer and be set free from nagging offenses.

If you do this in the Name of Jesus, you will additionally experience the powerful love and freedom of God. Christians and non-Christians—He loves us all. His Name opens the door to much more.

While you were reading this, several incidents or people may have come to your remembrance that you have been trying to forgive. Use this form and conquer them all.

No more sleepless nights with churning thoughts. SWEET DREAMS!

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