**FORGIVENESS — OVERVIEW**

**UNDERSTANDING:**

***RESOLUTION* – (or) – *RECONCILIATION***

***ALL* — *FORGIVENESS — IS — SELF-FORGIVENESS***

***Session One FORGIVENESS — OVERVIEW
Step 1 - A THE MYSTERY OF CONFESSION
Step 1 - B CONFESSION - OF* –
 *OMMISSION - VS - COMMISSION***

***Step 2 WILLINGNESS / DECISION* – *TO FORGIVE
 Anger Is Never Justified
 THERE IS* – *NOTHING* – *TO FORGIVE

Step 3 LET GO OF THE PAST
Step 4 RECONCILIATION* – *or* – *RESOLUTION***

 ***SIN* – from an – Old Testament – perspective –
 IS WHEN WE ACT OUT OF HARMONY WITH GOD –
 and – the teaching is that –
 YOU BREAK GOD’S LAWS –
 by not following – God’s desires and intentions –
 and – intentions for your life.**

***Step 2 WILLINGNESS / DECISION* – *TO FORGIVE
 Anger Is Never Justified
 THERE IS* – *NOTHING* – *TO FORGIVE***

**Romans 3:23
“FOR – ALL – HAVE SINNED,
 AND COME SHORT OF GOD’S GLORY.”**

***WE CANNOT COMPLETELY STOP SINNING* –
 THEREFORE – FORGIVENESS WILL –
 ALWAYS BE – A NECESSARY – PART OF LIVING.**

***Acim
“DARKNESS* – IS LACK OF LIGHT – AND –
 *SIN* – *IS LACK OF LOVE*.”**

**“What could sin be – but a –
 *MISTAKE* – YOU WOULD KEEP HIDDEN;
*“A CALL FOR HELP* – THAT YOU WOULD KEEP –
 *UNHEARD* – *AND THEREFORE - UNANSWERD?”***

 ***“SIN”* – IS MAKING – THE ERROR REAL.”**

**“In the – *UNDOING OF SINS* – lies the proof – that –
 *THEY ARE MERELY ERRORS.”***

***“Any attempt to* –*REINTERPRET SIN* – *AS ERROR* –
 IS ALWAYS INDEFENSIBLE TO THE EGO.”**

**“*BELIEF IN SIN* – *AROUSES FEAR* – AND –
 *LIKE ITS CAUSE* –
 *IS LOOKING FORWARD* – AND – LOOKING BACK,
 BUT – *OVERLOOKING* – *WHAT IS HERE AND NOW*.**

***“THE HOLY SPIRIT* – *CANNOT* – *PUNISH SIN”***

***“*BUT – TO FORGIVE SIN – IS TO CHANGE ITS STATE –
 FROM ERROR – *INTO TRUTH.”***

***“YET* – NO ONE CAN FORGIVE A SIN –
 THAT – HE BELIEVES – IS REAL.”**

***“SIN”* – *IS THE ONLY THING* – *IN ALL THE WORLD* –
 THAT – *CANNOT CHANGE.”***

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 ***Step 2 WILLINGNESS / DECISION* – *TO FORGIVE
 Anger Is Never Justified***

**Joseph Reassures His Brothers Genesis 50:**

[**14**](http://biblehub.com/genesis/50-14.htm)After burying Jacob, Joseph returned to Egypt with his brothers –
 **and all who had accompanied him –
 TO HIS FATHER’S BURIAL.**
[**15**](http://biblehub.com/genesis/50-15.htm)But now that their father was dead,
 ***JOSEPH’S BROTHERS* – *BECAME FEARFUL.***
 ***NOW JOSEPH WILL* – SHOW HIS ANGER –
 *AND PAY US BACK* -
 *FOR ALL THE WRONG WE DID TO HIM*,” THEY SAID.**

[**16**](http://biblehub.com/genesis/50-16.htm)So they sent this message to Joseph:
 “Before your father died, he instructed us
[**17**](http://biblehub.com/genesis/50-17.htm)to say to you: ‘***PLEASE FORGIVE YOUR BROTHERS –***
 ***FOR THE GREAT WRONG THEY DID TO YOU*** —
 ***FOR THEIR SIN*** – ***IN TREATING YOU SO CRUELLY.’***
 So we, the servants of the God of your father,
 ***BEG YOU* – *TO* – *FORGIVE OUR SIN.”***

When Joseph received the message, he broke down and wept.

[**18**](http://biblehub.com/genesis/50-18.htm)Then his brothers came and threw themselves down **–**
 before Joseph. “Look, we are your slaves!” they said.

[**19**](http://biblehub.com/genesis/50-19.htm)But Joseph replied, “**DON’T BE AFRAID OF ME**.
 Am I God, that I can punish you?

[**20**](http://biblehub.com/genesis/50-20.htm) ***YOU*** – ***INTENDED*** – ***TO HARM ME,
 BUT*** – ***GOD INTENDED*** – ***IT*** *–* ***ALL* – *FOR GOOD.
 HE*** *–* ***BROUGHT ME – TO THIS POSITION –
 SO*** – ***I COULD SAVE THE LIVES OF MANY PEOPLE.***

[**21**](http://biblehub.com/genesis/50-21.htm) ***NO,*** – ***DON’T BE AFRAID.
 I WILL CONTINUE TO TAKE CARE OF YOU*** –
 ***AND YOUR CHILDREN.”
 SO HE REASSURED THEM* –
 *BY SPEAKING KINDLY TO THEM.***

 ***“THERE IS* – *NOTHING* – *TO FORGIVE.”***

***Step 2 WILLINGNESS / DECISION* – *TO FORGIVE
 ANGER* – *IS NEVER* – *JUSTIFIED***

***Matthew 22:***

***36 MASTER,
 WHICH IS – THE GREAT COMMANDMENT IN THE LAW?***

**37 Jesus said unto him,
 THOU SHALT LOVE THE LORD THY GOD –
 WITH ALL THY HEART, – AND –
 WITH ALL THY SOUL, AND WITH ALL THY MIND.**

**38 This is the first and great commandment.**

**38 THIS IS THE FIRST – OR –
 *GREATEST TRUTH OR LAW* –
 *THAT MUST BE BROUGHT OUT* –
 *OR COMPREHENDED*.**

**39 *AND THE SECOND* – *IS LIKE UNTO IT*,
 THOU SHALT – *LOVE – THY NEIGHBOR* –
 *AS THYSELF*.**

**39 And the second is much like it,
 *THOU SHALT ALSO UNDERSTAND* –
 THAT THY NEIGHBOR –
 (EVERYONE – AND – EVERYTHING) –
 *IS LIFE*, – *IS MIND*, AND –
 *AN EQUAL PARTICIPANT* –
 *IN THE ONE COMPLETE WHOLE*.**

**40 *ON THESE TWO COMMANDMENTS* –
 hang all the law and the prophets,**

**40 *THESE TWO LAWS OR TRUTHS –
 ARE THE BASIS OR PRIN­CIPLE OF ALL LIFE,
 AND OF THE TEACHINGS OF THE PROPHETS.***

**1 John 4:20**

***“NO MAN* – *HATH SEEN GOD* – *AT ANY TIME.
IF WE LOVE ONE ANOTHER* – GOD – *DWELLETH IN US* –
 *AND HIS LOVE* – (*IS PERFECTED IN US) …*AND – THIS COMMANDMENT– *HAVE WE FROM HIM,
THAT* – *HE WHO LOVETH GOD* – *LOVE HIS BROTHER ALSO.”***

***“HE THAT – LOVETH NOT* – *HIS BROTHER –
 ABIDETH IN DEATH…
IF A MAN SAY, I LOVE GOD, AND HATETH HIS BROTHER,
 HE IS A LIAR:***
***FOR HE THAT – LOVETH NOT – HIS BROTHER –
 WHOM HE HATH SEEN,
HOW CAN HE LOVE GOD – WHOM HE HATH NOT SEEN?”***

***Step 2 WILLINGNESS / DECISION* – *TO FORGIVE
 ANGER* – *IS NEVER* – *JUSTIFIED
 THERE IS* – *NOTHING* – *TO FORGIVE***

**Matthew 5:
22 *BUT I SAY UNTO YOU THAT* – *WHOSOEVER –
 IS ANGRY – WITH HIS BROTHER – WITHOUT A CAUSE –
 SHALL BE IN DANGER – OF –
 (THE JUDGMENT)*:**

**22 BUT I SAY UNTO YOU, *THE LAW* – *ALSO STATES THAT* *–
 WHO­SOEVER* – *IS ANGRY* – *WITH HIS BROTHER* –
 *SHALL BE IN DANGER* – (*OF – PUNISHMENT)*,

 *AND WHOSOEVER SHALL SAY* – *REVENGE*,
 *IS INDULGING IN – WILLFUL SIN* –
 AND – *WILL REAP – ITS – CERTAIN – PUN­ISHMENT*:**

**23 THEREFORE,
 IF YOU ARE OFFERING YOUR GIFT AT THE ALTAR –
 *AND THERE – REMEMBER* –
 *THAT – YOUR BROTHER OR SISTER* –
 *HAS SOMETHING* – *AGAINST – YOU*;**

**24LEAVE YOUR GIFT THERE IN FRONT OF THE ALTAR.
 *FIRST* – *GO* – *APOLOGIZE –
 AND* – (*BE)* – *RECONCILED* – TO THEM;
 *THEN – COME* – AND OFFER YOUR GIFT.**

**23 *THEREFORE* *–
 BECAUSE – THE LAW* *– IS AS I HAVE STATED IT*:**

 ***WHEN THOU SEEKEST – SURCEASE* –
 *FROM THY – SELF-INFLICTED – SICK-NESS AND PAIN* –**

 ***WHICH ARE* – *THE EXTERNALIZED* – OR –
 *OBJECTIFIED RESULTS OR EFFECTS* –
 *OF THINE – OWN WRONG THOUGHTS* –
 (*MENTAL MISCONCEPTIONS*) –**

 ***AND* – *THOU HAST* – *A REMEMBRANCE* *–
 OF A WRONG* *– COMMITTED* – *AND NOT MADE RIGHT*;**

**24 *CEASE THY EFFORT* – *TO SECURE FAVOR*,
 *FOR UNDER* – *THESE – CONDITIONS* –
 (*THY EFFORT – IS WASTED)*;

 *FIRST* – *RECTIFY* – *THE WRONG* –
 (THE MENTAL – MISCONCEPTION) –
 *THOU HAST COMMITTED*,
 *BE IT* *– THOUGHT, WORD OR ACTION*:

 *THEN* – *SEEK THE FAVOR* –
 *AND THOU WILT FIND IT* *– (ALREADY – GRANTED)*,
 *FOR THOU HAST OBSERVED THE LAW*.**

**25 *AGREE* – *WITH – THINE ADVERSARY* – *QUICKLY*,
 *WHILES THOU ART* – *IN THE WAY WITH HIM*;**

 ***LEST – AT ANY TIME* –
 *THE ADVERSARY* – *DELIVER THEE – (TO THE JUDGE*) –
 *AND THE JUDGE* – *DELIVER THEE – TO THE OFFICER,*
 *AND THOU BE CAST* – *INTO PRISON*.**

**25 *AGREE* – (*COME TO TERMS)* – *QUICKLY* –
 *WITH THINE* – *ADVER­SARY* –
 (*THE WRONG THOUGHT* – *IN THY CONSCIOUSNESS*) –
 *AND – THE MOMENT* –
 *THOU ART AWARE* – *OF ITS PRESENCE*,
 *CAST IT OUT OF CONSCIOUSNESS*;**

 ***IF ENTERTAINED* –
 *THIS – WRONG THOUGHT* – *WILL GROW*,
 AND – *WARP THY JUDGMENT* – AND –
 *THY – WRONG JUDG­MENT* – *WILL FORCE THEE* –
 *TO ACT – CONTRARY TO THE LAW*,**

 ***AND* – *HAVING VIOLATED* –
 *THE LAW – OF UNIVERSAL LOVE, OR HARMONY* –
 *THOU WILT BE – COMPELLED* –
 TO SUFFER – THE INHARMONY *–* THOU HAST MADE.**

**26 *POSITIVELY – I TELL THEE* –
 *THOU CANST* – *BY NO MEANS* –
 *ESCAPE FROM THE INHARMONY* – *THOU HAST MADE* –**

 ***UNTIL –
 THOU HAST – SUFFERED – THE FULL PENALTY*;**

 ***UNTIL –
 THOU HAST – RIGHTED THE WRONG* –
 *THAT THOU HAST COMMITTED;*
 (*CORRECTED – THE THOUGHT* –
 THAT IS – THE CAUSE – *OF THY SUFFERING*).**

***Step 2 WILLINGNESS / DECISION* – *TO FORGIVE
 Anger Is Never Justified
 THERE IS NOTHING TO FORGIVE***

**"ANGER" – *IS NEVER JUSTIFIED***

**WHAT IS** – **ANGER? *WHAT IS*** – ***THE CAUSE*** *–* ***OF ANGER*?**

***ARE YOU EASILY UPSET – BY SOME*** –
 ***PERCEIVED*** – ***WRONG*** – ***THAT IS SAID OR DONE TO YOU?***
***ARE YOU A PERSON WHO IS JUST – BASICALLY –
 EASY TO MAKE ANGRY ABOUT MOST THINGS?***

First, to define the term: **Webster says anger is *–* "distress, sorrow** -
 **1. a feeling of displeasure resulting from –
 injury, mistreatment, opposition, etc.,**
 ***AND USUALLY*** – ***SHOWING ITSELF*** –
 ***IN A DESIRE TO*** – ***FIGHT BACK –
 AT THE*** – ***SUPPOSED CAUSE*** – ***OF THIS FEELING."***

**Note that the definition says –
"SUPPOSED CAUSE** – ***OF THIS - FEELING*."**
***ANGER – THEN – IS*** – ***A FEELING - OR - AN EMOTION.***

***FEELING - (EMOTION)*** – ***IS NEUTRAL*** –
 ***AND IS – NOTHING – UNTIL***– ***IT IS TRIGGERED,
 INFLUENCED, – STIMULATED, OR – EXCITED –
 BY THOUGHT.***

**PERCEPTION** – **IS** –
"1. **the act of *– PERCEIVING* *–* or the ability to *– PERCEIVE*;**
 ***MENTAL GRASP* *–* of objects, qualities, etc.
 *by means of – THE SENSES*; awareness; comprehension -
 b) *INSIGHT OR INTUITION*, or the faculty for these."**

***PERCEPTION – DETERMINES – AND IS – THOUGHT, “
 AND – THOUGHTS –
 AFFECT OR INFLUENCE YOUR FEELINGS / EMOTIONS.***

**This takes us back to –**
 ***THE NEED TO ESTABLISH OR DETERMINE*** –
 ***THE "CAUSE*** – ***OF THESE FEELINGS" – OF ANGER.***

**Unless and until – this method – is used,
 then anger cannot be properly analyzed and healed.**

 ***THE CAUSE – OF ANGER –
 CAN – ONLY BE FOUND – IN YOUR PERCEPTION,
 AND CAN – ONLY BE HEALED –
 BY CHANGING YOUR THINKING –
 ABOUT – WHAT YOU – PERCEIVE – TO BE THE CAUSE -* IF YOU** – **THINK**– ***THE CAUSE*** –
 ***IS SOMETHING OR SOMEONE*** – **OUTSIDE** – **YOUR MIND*.***

***THE CAUSE – WHICH IS –
 YOUR PERCEPTION OR INTERPRETATION –
 OF THE MEANING*** – ***OF A SITUATION OR EVENT,***
 ***WILL MANIFEST – AS AN EMOTION – ACCORDING TO –
 THE QUALITY OF THOUGHTS THAT IT REFLECTS.***

***CORRESPONDINGLY – ANGER BASED THOUGHTS –
 DISCHARGE FEELINGS – OR THE ANGRY EMOTIONS –
 OF RESENTMENT, INDIGNATION, RAGE, FURY, IRE,
 AND – WRATH.***

***SCRIPTURE ADMONISHES US – TO PUT OFF - OR CONTROL –
 ANGER, WRATH, AND MALICE.
BUT HOW IS THIS DONE?***

***THE FIRST STEP –
 IS TO ACKNOWLEDGE* – *THAT ANGER*** –
 ***IS A NATURAL AND NORMAL HUMAN EMOTION* –
 *AND THAT IT IS*** – ***NOT ALWAYS NECESSARY* –
 *TO TRY – TO GET RID OF IT*.**

***THE SECOND STEP –
 IS TO LEARN –
 HOW TO – CONTROL – (PROCESS) – ANGER,
 AND NOT LET – ANGER – CONTROL YOU.***

**"*CONSIDER – HOW MUCH MORE* – *YOU – OFTEN SUFFER* –
 *FROM YOUR ANGER AND GRIEF* –
 *THAN FROM* – *THOSE VERY THINGS*** –
 ***FOR WHICH YOU ARE ANGRY AND GRIEVED*."
 Antonius, Marcus Aurelius.**

***THE MAIN IDEA TO BE CONSIDERED HERE – IS THAT –
 TO HEAL ANGER –*
 YOU MUST LEARN HOW TO – ALWAYS** – **IN THE MOMENT,**

 **TAKE THE MIND –
 FROM** – **THE OBJECT – OF YOUR ANGER –
 AND INSTANTLY – CONCENTRATE ON – THE CAUSE –
 OF THE – *FEELING / EMOTION* –
 *OR THINKING* – *BEHIND IT*.**

***"TO RULE ONE'S ANGER*** – ***IS WELL;
 TO PREVENT IT*** – ***IS STILL BETTER."*** *Tryon Edwards.*

***IN THE MIDST OF AN*** – ***"ANGER MOMENT" –
 YOU ARE LIVING OUT – A DRAMA.
A FICTIONAL STORY – IS BEING PLAYED OUT –
 ON THE SCREEN OF YOUR MIND –
 IN AN ENDLESS MOMENT.***

 ***YOU ARE LOOKING AT – A FANTASY –
 AND HEARING THE EGO'S VOICE –
 IN A DRAMA OF ILLUSION.***

***IN THIS "EGO MOMENT"*** – **YOU ARE SEEING AND HEARING –
 ALL THE REASONS – YOU – SHOULD BE ANGRY –
 ABOUT A SITUATION;
 *ALL OF WHICH* – *ARE BASED UPON* –
 *EXPERIENCES ASSOCIATED WITH YOUR PAST***.

***"*YOU SEE - ONLY** – **THE PAST*."***
 **Your seeing and hearing is** – **selective.
 In this selectivity, which is** – **your choice,
 YOU DO NOT SEE – WHAT IS** – **ACTUALLY THERE,
 AND YOU DO NOT HEAR –
 WHAT IS** – **ACTUALLY BEING SAID.**

***THERE IS ALWAYS – ANOTHER VOICE –***
 that tries to enter this drama, scenario, fantasy, or illusion.
***IT IS THE STILL SMALL VOICE – THE VOICE – FOR - GOD*** – **that softly says,**
***"YOU COULD CHOOSE – to see this differently."
"YOU COULD CHOOSE – peace instead of this."
"YOU ARE NOT – THE VICTIM – of the world you see."***

***IF YOU CHOOSE*** – ***TO LISTEN TO GOD'S VOICE*,
 *AND NOT* – *THE OTHER ONE*,
*YOU WILL BEGIN TO SEE THINGS DIFFERENTLY*.**

***YOU WILL BEGIN TO UNDERSTAND – THAT WHAT –***

 ***YOU THOUGHT - YOU SAW – WAS NOT THERE AT ALL,
 BUT THERE WAS SOMETHING ELSE THERE – INSTEAD.***

***INSTEAD OF - AN ATTACK*** –
 ***OR THINKING THAT SOMEONE MEANT YOU HARM,
 OR WANTED TO MAKE YOU ANGRY,
 YOU WILL REALIZE*** – ***THAT*** –
 ***THE PERSON'S WORDS OR ACTIONS*** –
 ***WERE AN*** – **UNCONSCIOUS** – **CALL FOR HELP*,* OR** – **A CALL FOR LOVE*.***

***THIS UNDERSTANDING*** – ***WILL COME FORTH CLEARLY –***
 ***ONLY AS YOU* – *STAY IN TOUCH WITH – THE EMOTION*** –
 ***AND DIALOGUE WITH IT.***

 **ACKNOWLEDGE IT.**

***DO NOT - RESIST IT* *–* AND *– DO NOT - BE AFRAID*.**

 ***DO NOT*** *–* ***JUDGE YOURSELF*** – **FOR FEELING THIS EMOTION.**

 ***JUST DON'T BLAME OR PROJECT IT***– **ONTO SOMEONE ELSE.**

 ***STAY WITH* – *YOUR –* "*ANGER MOMENT*."**

***IMMEDIATELY* – *DISMISS ALL THOUGHTS* –
 *ABOUT ANYONE OR ANYTHING* –
 *OUTSIDE OF* - *YOUR MIND* –
 *TO BE THE CAUSE OF YOUR "ANGER MOMENT*."**

**SURE, THE WORDS OR ACTIONS OF OTHERS –
MIGHT HAVE *– ACTIVATED A FEELING* *–* YOU DO NOT LIKE –
 AND *– A FEELING* *–
 THAT TRIES TO SEND YOU OUT OF CONTROL*.**

 ***BUT – IT IS UP TO YOU* – *TO CONTROL – or (PROCESS)* –
 *THAT EMOTION*.**

***THE FIRST STEP*** – ***TO* – *PROCESSING*** – ***THIS EMOTION –
 IS*** – ***TO TAKE RESPONSIBILITY FOR IT,
 AND THEREBY*** – ***YOU TAKE* – *CONTROL* – *OF IT.***

***THE NEXT STEP – IS TO ASK THE HOLY SPIRIT (OR GOD) –
 TO HELP YOU – TO SEE THIS SITUATION DIFFERENTLY*.**

**ASK – TO KNOW – *JUST WHAT IT IS* –
 *THAT IS* *– IN YOUR – OWN MIND* – (*OR PAST*)–
 *THAT WOULD* *– CAUSE YOU – TO REACT*** – ***FROM* *–
 A NEGATIVE THOUGHT* – *INTERPRETATION* – OR** –  ***PERCEPTION*** – ***OF WHAT IS GOING ON*.**

***ASK – FOR HELP – TO BE ABLE TO – RESPOND –***
 ***FROM WHAT GOD OR THE HOLY SPIRIT* –
 *IS SHOWING YOU – ABOUT YOURSELF*,**
**AND YOU WILL – LEARN *–* ABOUT AN ASPECT -
 OF YOUR OWN LIFE *–* THAT NEEDS TO BE HEALED.**

***YOU WILL LEARN – THAT WHILE IT MAY BE APPROPRIATE –
 TO BE IN AN – "ANGER MOMENT" –
THE TRUTH IS*** – ***"ANGER – IS NEVER – JUSTIFIED,"
THE TRUTH IS – YOU ARE – THE ONE – WHO IS HURT BY IT.***

***YOU WILL – THEN – UNDERSTAND THE SAYING ...***

 ***"AN ANGRY MAN*** –
 ***IS AGAIN*** – ***ANGRY WITH HIMSELF*** –
 ***WHEN HE RETURNS TO REASON."*** *PUBLIUS SYRUS*