**Holistic Forgiveness**

* Ongoing willingness
  + To give up certain claims against one another
  + To give the truth when we assess our relationships with one another
  + To give gifts of ourselves by making innovative gestures that offer a future not bound by the past

**Striving to be Forgiving and Forgiven**

* We become willing to speak truthfully and patiently about the conflicts that have arisen
* We acknowledge both the existence of anger and bitterness while having a desire to overcome anger and bitterness
* We maintain a concern for the well-being of the other as a child of God
* We recognize our own complicity in conflict, remembering that we have been forgiven in the past, and take the step of repentance (if needed)
* We make a commitment to struggle to change whatever caused and continues to perpetuate our conflicts
* We remain open to the possibility of *healthy* reconciliation

***Even when a particular offense seems unforgivable that we cannot imagine that forgiveness will ever be possible, we can still pray, and in the praying, remember the startling promises of God!***

**The Shape of God’s Forgiveness**

* Psalm 51
* Hosea 11
* Matthew 5:43-48; 6:5-15; 18:21-35
* Luke 15; 23:32-43
* John 8:1-11

**Homework: read and/or listen to john 5:6 considering the practice of healing.**