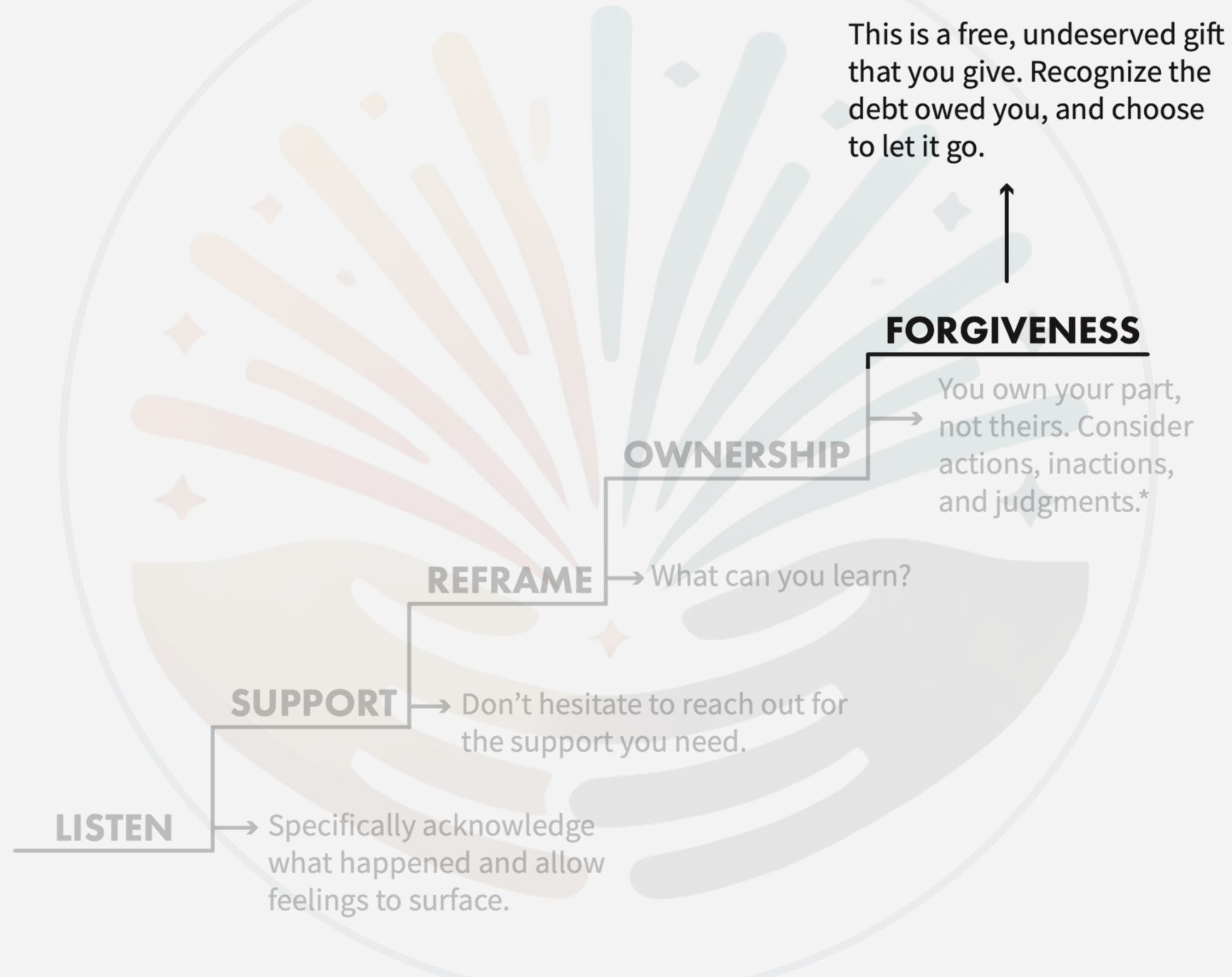


PATH TO HEALING



*Judgment = an observation with an attitude.

POWER OF FORGIVENESS

- Freedom and lightness of heart.
- Potential for restoring relationships.
- Release of negativity or bitterness.
- Transformed togetherness

1. Name the hurt honestly – don't minimize it.
2. Empathize – try to understand what drove their actions.
3. Decide to release the debt – as a gift.
4. Stick to your decision – even if negative emotions linger. Move forward with compassion, not bitterness.

WHAT IF?

WHAT?

HOW?

WHY?

- Letting go of the debt someone owes you.
- A free gift to someone who may not deserve or ask for it.
- *Miroslav Volf: To forgive is to name the wrongdoing truthfully, release the offender from the debt, and choose to live in the freedom of love.*

- Break the cycle of anger and revenge.
- Experience emotional healing.
- Opens the door to restoring relationships (though not guaranteed).
- Develops a culture of positive intent, empathy, and grace.