

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 136 – In 5 Minutes: Redefining Forgiveness

We are talking about forgiveness in the context of an offender who is not remorseful for their actions, behaviors, or words. In other words, they are not asking for forgiveness and perhaps they’re not even alive any longer to make restitution.

1) Who is your offender and what is the offense?

2) What are the emotions that come up when you think about this offender and the offense?

Let’s redefine forgiveness. Forgiveness is an untethering. In Matthew 6:14 Jesus said, “If you forgive others their trespasses (or sins against you), your heavenly Father will also forgive you.” The Greek word for “forgive” here is *aphiēmi*, meaning to let go, to leave, to send away. So, forgiveness is a letting go of the attachment to the person who has harmed you in some way. It is a moving away from or sending away the connection between you and the person.

3) Do you feel “tethered” to this person because of the offense to the point that you can’t let go? Why do you think that is?

The offense itself is what ties you to the person. Forgiving is the cutting of the ties; the untethering. Forgiveness is not done *for* the one who has offended. Forgiveness is *for* yourself; to free yourself from the anger and resentment and bitterness that will eventually destroy you from the inside. You, holding on to the offender and the offense by way of being tethered to it because you cannot forgive will kill you – certainly emotionally, maybe spiritually, and perhaps even physically. Forgiveness is letting it go.

4) What do you think about forgiving this offender with this new understanding?

Forgiveness is a process. It's an untethering, sometimes with a machete like sharpness that cuts the ties cleanly and swiftly. And sometimes it's with a child's safety scissors that cuts strand by strand and thread by thread.

5) Where can you start to untether yourself from this offender and the offense? What can you do?

We know is that it is possible to forgive, and that's because Jesus told us to. So, with Him, we're able. A good place to begin, always, is to remember that *we* were once the remorseless offender of the Son of God, hostile in our sin and in our ways. And He loved us at our darkest and went to the cross to buy us back, out of darkness, out of slavery, out of death. He is the reason we're able to untether ourselves from an offender and offense that has us wrapped up in resentment, bitterness, and anger.

Remember, forgiveness is not condoning the behavior, letting someone off the hook, saying "Yes, I'll be a doormat for your bad behavior," or means that reconciliation will take place.

6) Write a brief prayer asking God to help you forgive in order to untether yourself and free yourself to live in peace:

Friend, God is asking you to forgive for your own good. For *you*. For *yourself*. You certainly can.

If you'd like some help in this area, I'd love to be your Life Coach. Feel free to email me at:

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