

Reflection - Module 4

For this assignment, you will answer each of the questions below. Each question should be answered in at least 1 paragraph (5 or more sentences) using details from this week's learning materials, as well as your own personal examples. You may type directly on this document, then save and submit it to Dropbox.

This week we talked about forgiveness-related issues, including types of forgiveness, how to forgive and how to let go of pain from the past. Create a practice session with a friend or think about someone in your life that you are struggling to forgive or struggled to forgive in the past.

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1. Take some time to work through the assessment interview (by yourself or with a trusted individual). Were the questions helpful? Why or why not? Did the questions help identify some unresolved issues?

Answer: The questions were very helpful and eye opening. When I began to think of the forgiveness materials, I realized that most people just say that they have forgiven someone who has offended or hurt them. This was incorporated into the questions. The true feelings in their heart started to be revealed when they were asked about what happened when they recently decided to try to make their marriage work with counseling. Living in the same house has had the effect of them reliving the hurt and brought up the feelings of anger and resentment. They feel that the offending person has never apologized in what they felt was the "right way" so they started to feel justified for getting angry all over again. Old hurts started to take over their thoughts once again, leaving little room for true forgiveness in the marriage. However, both said that the love is still there, under all of the hurt and they truly want to see healing in their marriage and family.

2. What boundaries would be helpful to set in the future and why?

Answer: When we discussed boundaries, at first, they didn't realize that they were needed. After asking more key questions about their family support system and if they were using this resource, they started to realize that there truly is a need for boundaries in this situation. They had been neglecting to invest time with their family and boundaries in the area of other relationships needed to be set. We worked through scriptures about love so that we could add them as homework for them. A plan was added for a non-confrontational way to bring up the new family time

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boundaries in conversation so that offense would not be taken by other people. When the idea of boundaries became theirs, it took on life and became encouraging to them.

3. Review the suggested action steps - which step or steps would be most helpful in this situation and why?

Answer: The main action step to be implemented are setting aside time for daily prayer and bible reading. Due to the depth of hurt in the marriage, I recommended individual counseling for them to help them each be comfortable with the process and dealing with their feelings before couples counseling starts. After explaining about the REACH Method and the Seven Step Prayer Model of forgiveness, they expressed an eagerness to know more about these methods in their next individual pastoral counseling sessions. Both want to get to the roots of the hurt and let the Lord heal them so that they can be the husband and wife, mother and father that God has created them to be. They want to know more about what their God worth truly is. Self-esteem in this relationship for both is low and they do not know the true worth that God has for them through His Son Jesus.

4. What does scripture say on this subject?

Answer: So that they could start to understand their God-worth, we went through Jeremiah 29:11-13 so that they would know that even before Jesus came and they knew Him, God had loving thoughts and plans for them. God promises that if we call on Him (pray), He will hear. If we seek Him with all our hearts, we will find Him. For homework I shared with them how to read 1 Corinthians 13:4 from Jesus' love perspective toward them, so that the word is open and personal. His love is longsuffering, kind, doesn't leave room for envy or being boastful, He doesn't behave unseemly, He wants us to seek His way, He is not easily provoked, He thinks no evil towards us, He rejoices in truth over us and does not want us mixed up in twisted thinking, He bears all our burdens when we give them to Him, He believes all good things for us, hopes all things for us, and He endured all the things He did in the garden, at the hands of the soldiers, and on the cross for us and His love never fails. It is my hope and prayer that this seed of hope begins to take root and grow!

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Due Date: Sunday of Module 4, by 11:59 p.m. (EST)