

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.

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:

God is so good because this week I am still working through trying to forgive someone that I work with. Having the lesson on forgiveness this week and working through these questions were very helpful.

There has been an issue with a colleague that was hurtful to me and my husband. Because I am the one on staff with that person, I had to have a conversation with them this week for the sake of the relationship at work. The conversation did not go very well. The person was unrepentive, and unresponsive to anything I had to say. They felt they were not in the wrong and that only my husband and I were. Since this is not the first time this person has had issues with me and other staff members, I didn't expect much more than what I got. But I was prayerful and hopeful that maybe this time would be different.

As I walk through the assessment questions from Dr. Worthington,(wasn't sure if you meant the assessment questions in the book or not) this week one that immediately stood out to me was the injustice gap. I think that may be the hardest one to walk out for myself and for others. When you feel like you can't come to some type of resolution or closure. Whether it be the other person repentive or even God showing me my errors and for myself to be repentive to the other person, it leaves this gap that is hard to reconcile and be at peace with. That is where the forgiveness process can be more difficult to walk out.

I am struggling with not allowing this to turn into bitterness if I am slow to forgive.

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

Answer:

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In the conversation I had with that person, I did set some boundaries that I had spoken previously about with my pastor. I work with this person during work hours but also in his ministry as a volunteer leader. The boundaries for me were to have our working relationship be the priority and I will step out of any leading in his ministry. There is a level of trust that was broken with him and that will take time to restore. With the person unrepentive, he has become unsafe for me to continue in that area of our relationship. I also have practical boundaries in place as well in the work part of our relationship. Things like emailing requests so that there is a documentation, and having any further conversations with him with others present.

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

Answer:

The REACH steps are helpful. The Decisional Forgiveness and Emotional Forgiveness will be the steps I need to walk out right now. I need to first make the decision to forgive and treat him well regardless of how I may feel. I will need to work out the Emotional forgiveness which is my internal work that I have to continually give to God and ask for help. My Spiritual Disciplines have to be much more intentional as I try to keep my heart and my posture right before the Lord. Replacing the negative thoughts and feelings if they creep in with what the word says about forgiving. Remembering what the word says. I tend to ruminate and re-play situations in my mind which creates more stress and an indicator I haven't truly forgiven. Also to share this with someone trusted (my pastor) to hold me accountable so that I don't let go. I HOLD on to the forgiveness and not let bitterness begin.

4. What does scripture say on this subject?

Answer:

The Bible tells us that we should forgive, and forgive often. That those who have been forgiven much, love much. That we can only love out of the love and forgiveness that we have been given by Christ. It is from the place of gratitude for how much we have been forgiven that we can forgive others. We have to get to that place and help others get to that place to see how much they have been forgiven, loved and accepted first. That helps them frame and encourage them to forgive not out of duty, or ritual but out of the outpouring of gratitude. How can we not forgive others if we truly believe that we are sinners in need of forgiveness and that gift has been given to us through the death and resurrection of Jesus Christ. He then commands us to forgive. Luke 7:37-40 1John 4:19-21 Romans 12:18-21 Col 3:13

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