

## 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?

The assessment interview helps gather information that otherwise wouldn't be readily available. For example, knowing my background, the trials and abuse that I suffered, the answer to question two opens up a starting point- the source of my concern (all my concerns) is that I do not have control over a situation/life in general and because of that I'm vulnerable to pain and hurting. Because of my damage, I ended up in counseling last year. It was destroying my marriage, my family, I was spiraling out of control into a pit of depression and anxiety. Through counseling (question four) I experienced freedom. I got a taste of what it's like to be **okay** with not having control. Throughout my sessions we unraveled my past; the different incidents that happened, what *built* me- the good, bad and ugly. In walking through these questions, I can see how my counselor helped me recognize the importance of forgiveness and how it aids so deeply into healing.

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

Barriers make a huge impact in safety. Not letting my guard down, not putting myself in an unsafe situation. Avoiding contact with my offenders. Not being vulnerable to the people who fueled my hurting by accusing me of being a liar, or just wanting attention. Being aware of how much trust I'm putting into someone, not being entirely open and exposed.

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

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Altruistic gift of forgiveness would probably be the most helpful. While all offenses are serious and painful, I believe some are much more difficult to forgive than others. That of sexual assault would fall higher on that “list” than something like a white lie, in my opinion. (All pain or offense is something to be dealt with, and I am in no way belittling anyone’s situation with this statement.) Putting ourselves in a position to understand the forgiveness we have received, not only from others but also from God, helps us have a bigger view of how we ought to forgive. When we put on the mercy glasses of God and recognize how we’ve been forgiven helps us to acknowledge the forgiveness we owe others.

### 4. What does scripture say on this subject?

God promises, in Romans 8, that **all** things work together for good, for those who love Him. If we believe that He works all things for good, then we must believe that in some way, even the worst things turn good in His time, through His will. I can’t help but think of Joseph. His brothers spit on him, threw him in a pit, and sold him as a slave. He endured a lot of pain and wrong doing by his brothers (his *blood*) and yet in Genesis 50 he says, “You meant harm against me, but God meant it for good.” **Wow**. Take a moment to let that sink in. He knew he had been wronged. However, he did not hold a second of a grudge. He searched within himself and pulled out this power of forgiveness and mercy that God would have wanted him to use. We need to be careful when we’re choosing to not forgive. We will drag around this luggage full of pain, shame, guilt, fear, pride, selfishness- and never fully understand the *abundant* life and *freedom* that God has planned for us through Jesus Christ.

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