

Assignment Title: Forgiveness Case Study

Name: Annika Tilly
Campus Location: ATS/NY City

Course Title: Personal, Professional, and Theological Foundations For Ministry
Course Number: SF505
Semester & Year: Spring 2023
Professor: Dr. Ronald Walborn
Date Submitted: 4.4.23

All of us long for a relationship and connection with God and others. It is because of God's mercy and grace extended to us that we are welcome into communion with himself. We can forgive one another and ourselves because we have been forgiven by our creator. Forgiveness mends connection with others, frees strongholds and word curses, and positively impacts our mental and physical health. In this paper, we will outline the symptoms of unforgiveness, why we should practice forgiveness, and how we practice forgiveness through my own personal example of forgiveness situation in my ministry and personal life

A time in my ministry and personal life when I need to forgive someone was when I was told I couldn't pray during the service. I already felt unsupported by the other pastors and was hyper-aware of leading the band as well as the congregation well. I intended to lead others to the presence of God and worship him and leading others in prayer is one way of doing just that. I believe my prayers exalted God, were clear and conscience, and were not focused on my own personal time with God. However, I was told just the opposite by the senior and executive pastors. They referred to my prayers as me going into "La La land", which means I got lost in my prayers and lost focus on leading the church. I wasn't offered any feedback, just criticism, because feedback offers a solution and practical next steps to get better. Since then I've gone back to watch my prayers in services and then went back with another worship pastor for their feedback. She thought my prayers were good, and highlighted the strengths she saw in them, with no feedback on what she would have done differently or how I could have done it better. Still, I have forgiven these other pastors over and over for this word curse they have spoken over me, and when I'm asked to pray in a corporate setting I fall back to shame and worry that the other pastors in the room don't approve of my prayer.

Forgiveness is not forgetting or condoning wrongful actions done to us, rather it is releasing ourselves from being a victim and remaining in a cycle of shame. To begin forgiving others, an individual must identify there is unforgiveness in their heart. Unforgiveness is identified if one continually rehearses the wounding scenarios connected to the offender, avoids and treats the offender with indifference, speaks poorly of the offender to others, and is easily offended in general. I have unforgiveness towards my offenders in this scenario because I continue to do all of these things listed.

There are several health benefits to forgiving as well as biblical explanations. In 2001 study in the journal *Psychological Study* showed that as we forgive others we release feelings of anger, resentment, and being out of control (Chan, 3). Both forgiving and receiving forgiveness assist in positive mental and physical health, including lowering blood pressure (Worthington, 3). In addition, Jesus connects forgiving others with receiving forgiveness from God. Therefore, forgiving others helps us to forgive ourselves.

We practice forgiveness by first identifying and grieving the offense. This means stating what happened in addition to the losses that resulted in the act. For me, that includes not trusting my words in corporate prayers and believing that others think poorly of my prayers and leadership. I repent coming in agreement with the lie that I am not a trusted leader, I renounce this word curse that my prayers are bad, and I replace it with God's truth. Psalm 28:7, "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song, I give thanks to him." I release them from the prison of my unforgiveness and chose to walk in confidence that God is my protector and I can trust him with my prayers. I don't need to perform to be accepted and trusted by him. Rather, exult and thank him.

Works Cited

Chan, Amanda. "Eight Ways Forgiveness is good for your Health." HuffPost. 2017.

Worthington, Everett L. "The New Science of Forgiveness." Greater good, Berkeley. 2004.