

Assignment Title: **Forgiveness Case Studies**

Name: Salome King-Afuape
Campus Location: ATS/NY City

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Professor: Dr. Ronald Walborn
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Forgiveness is essential for healing to take place. Jesus Himself said that it is good to forgive. This paper is about a case study when I had to forgive someone who did wrong to me. The names of the people in this case study have been changed in order to retain privacy. I was unfairly accused by my church sister Cindy. I could have chosen to forgive her for the wrong she did to me or I could have chosen revenge or to punish her for her bad deed. I chose not to punish my sister for her bad behavior toward me. I chose to forgive and move on with my life. I do not have any grudges in my heart against her. I used to be the co-director of the children ministry at my church and I was a member of the governing board. I was also very friendly with the pastor's wife Rose. The governing board was planning how to celebrate Pastor Rodney and First Lady Jane's anniversary. I discussed with Jane that we were just brainstorming to celebrate their anniversary for her and the pastor by arranging a trip to maybe the Poconos or to see a play.

It was Sunday morning, the governing board had an emergency meeting and I was not present. I just walked into church and one of the governing board members told me to go to the meeting and defend myself because Cindy reported to them that I was forcing Jane to go to the Poconos for her and Pastor Rodney's anniversary celebration.

I was so embarrassed. I went into the meeting and heard about what Cindy told the members of the governing board that I was forcing Jane to go to the Poconos. Jane asked me what we were planning and I told her that we were discussing tentatively about going to the Poconos or to see a play. After the meeting, I contacted Jane and asked her if we can have a meeting after church with Cindy and me. Jane asked me what was wrong, and if I could tell her on the phone. I told Jane that it was better to meet after the Sunday morning service. I told Jane that after Sunday morning worship service, we all can meet in the fellowship room. Jane

Agreed. When the service ended, Jane, Cindy and I met in the fellowship room. Jane started to weep and asked about what was going on with her two friends. Cindy told me not to say anything because Jane was very upset and very broken. The meeting had to be canceled. I got home and there was a call from Jane asking me what was wrong. I told Jane that we met to discuss it together and it was not done. I told Jane I felt uncomfortable discussing the issue if Cindy was not present. I eventually told Jane what Cindy told the governing board, that I was forcing her to go to the Poconos. Jane said it wasn't true. Jane confirmed that I was not forcing her to go anywhere.

I was very hurt, I acknowledged the hurt. The only thing was that at that time I did not tell anyone how I felt. It was never discussed with Cindy. I was hurt, embarrassed and in pain. The hurt and pain affected me because I said to myself, "I do not want to be in any ministry in the church any more, I just want to witness to lost people, visit the sick and be a volunteer in the event planning committee." I accepted that I cannot change the past. I let go of past grudges and lingering anger against Jane and Cindy that had caused me pain.

I chose to forgive Jane and Cindy fully. My heart toward them is pure, I have no grudges. We never got together to discuss the matter. I felt betrayed by Jane, I felt like I could not trust her again. Jane and I were very close and we shared things together but this situation ripped apart the relationship that we had and to trust again felt impossible. I forgave Cindy and Jane and I felt healed because I had less anxiety, stress and my mental status improved. When I forgave my friends, I felt like a heavy load was lifted off of me. My un-forgiveness was like a heavy load that weighed me down. When I became freed from my un-forgiveness I had less depression, lower blood pressure, improved mental health and I restored some of my relationship with my friend Jane.