

Biblical Counseling Center introduces eCounselor's Weekly guide, to encourage counselors and all believers in discipleship and daily growth.

### How Can We Practice Forgiveness?

By Sherry Allchin, M.A.

God often models the truths He wants us to learn, showing what they look like and how to implement them into our lives. Forgiveness is no exception.



He commands us to forgive, and then models it by remembering our sins no more (Jeremiah 31:34). He does not forget, He does not have amnesia! God chooses to NOT remember. When we forgive, we may not forget, especially traumatic events, but we can refuse to remember. This involves three promises:

#### First we must not bring it up again to the person we forgave.

When we do this, we are accusing them over and over again. When God forgives us, He buries our sin in the depth of the sea; He removes them as far as the East is from the West (Psalms 103:12)! If He only removed them as far as the North is from the South, they could be found at the poles where north and south meet, but

they are forever gone, because East and West never meet!

#### Next, we must never gossip about another's sin.

Telling others about the offense influences that person to judge our offender just as we have judged him. If we think he is a "jerk," we want others to think the same! Yet God is the only One Who can judge another's heart (1 Corinthians 4:5).

#### Third, we must not replay it over and over in our own mind like an old video until we know every line by heart.

When we violate this truth, we become more and more angry until we desire vengeance (Romans 12:17-19). We would get even if we thought we could get away with it! This keeps us either angry or bitter, or on a self-pity party. All of these are sin and the end result is worse than the beginning by far.

Choosing not to remember models Christ (Romans 8:1) and lets our emotions catch up with our choice to forgive. We practice until it becomes a new habit to live in forgiveness.

*"For I will forgive their iniquity, and their sin I will remember no more" (Jeremiah 31:34b).*

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