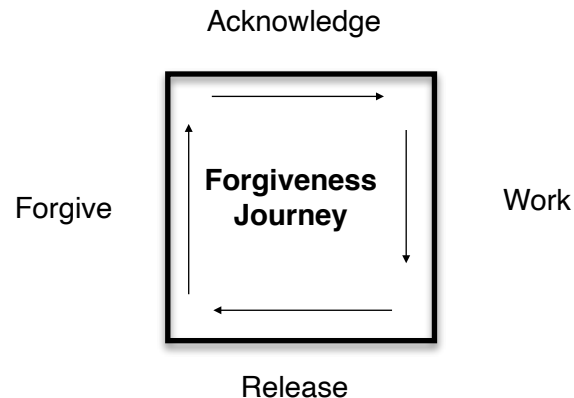


“When you forgive, you in no way change the past - but you sure do change the future.”
Bernard Meltzer

Journey of Forgiveness Tool



Every Step will be a Kairos or part of a larger Kairos

Kairos: is a God-empowered MOMENT in time when He teaches us. When Jesus started His ministry in Mark 1:15, He said, “The TIME is now. The KINGDOM of God is near. REPENT and BELIEVE the good news.” The word for TIME in this passage in the original language was KAIROS.

Acknowledge: Harm done or received; tell the story to someone

Work: Giving yourself permission to express/work through *hate, anger, and grief*

Release: Take action steps necessary to let go: confront, ask forgiveness, make amends, establish healthy boundaries, counseling (Kairos), and any God directed actions necessary to release burden.

Forgiven: Extend or receive forgiveness: *Jesus paid the penalty for the the harm done; justice has been served:* Live into new freedom. Possible Kairos to answer the question about “So now what?”

This process may need to be repeated as new experiences can trigger old wounds that need another journey of forgiveness.