



Q & A

ON FORGIVENESS

Is making amends with people we have harmed or extending forgiveness really necessary?

Yes! We need to make amends and extend forgiveness because it is essential in our walk with the Lord, and Jesus has commanded us to do so.

Should I deliver my amends or extend forgiveness in person?

Ideally, yes. If issues of safety are of concern, ask to meet them in a public place or send them the letter you wrote.

What if in attempting to forgive someone, they don't want to acknowledge that what they did was wrong?

Remember, the process is about you doing the right thing, not the other person's response. If you're harboring bitterness about another's actions, your forgiveness of them sets you free. If you've fully processed the damage and shared that with them, and they still choose not to acknowledge the harm they've done, it's now an issue between them and God.

If I extend forgiveness to someone, does that mean I have to restore them to a normal place of relationship with me? What if they're not a safe person?

Ideally, we should love others as Christ loves us and seek to restore a person we are forgiving. However, with someone who is not safe, it's not only appropriate to establish good boundaries, but it is also good common sense (for instance, in dealing with someone who has an extensive history of delivering abuse). By creating good boundaries with an unsafe person, or if you are not the person at fault, we are acknowledging the consequences of that other person's actions.

What if I need to make amends or extend forgiveness to someone who has died?

In the event the person with whom we need to make amends or extend forgiveness has died, we encourage individuals to take what they have written and ceremonially commemorate the process (such as by burning it in a campfire, placing it in a balloon and releasing it, etc.).