



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF NOVEMBER 5, 2007



## **Relational Freedom, One Step at a Time, 5: Pardoned by Love**

**Featuring**

**Dr. John Townsend**

*Psychologist*

*Best-selling co-author of Boundaries series,*

*author of Hiding from Love*

Visit CCN on the web at [www.ccn.tv](http://www.ccn.tv)

## I. Forgiveness: giving it

You give it to people who need it, not just those who deserve it

Forgiveness is a process with specific steps and stages

## II. What is it to forgive?

Cancel a debt

“Guilty as charged: the prisoner can go free”

But the innocent pays

This is not fair—but fair ended when Jesus came

What’s the benefit to forgiving, if the innocent pays?

Freedom

To the extent that we do not forgive, the person who hurt us controls us

When we don’t forgive

We think about that person

We replay the tape of the injury

We change our lives to fit the relationship

I’m the one who benefits by forgiving

Forgiveness changes hurt, trauma, abuse, and control to a memory

*<sup>13</sup>You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. <sup>14</sup>He canceled the record of the charges against us and took it away by nailing it to the cross.  
—Colossians 2:13-14*

### III. Steps: The structure of forgiveness

There must be an injury

- Applying bad stuff in a relationship
- Pulling away good stuff

You must experience grace

The worst thing is to try to be strong and self-sufficient

You may need a period of withdrawal from that person

The quick fix is not how relationships work

You need to take ownership

It's not our fault, but we need to make it our problem to solve it

Then you'll love

People who forgive are people who love

*A prudent man foresees  
evil and hides himself,  
but the simple pass on  
and are punished.  
—Proverbs 22:3*

### IV. Obstacles to being a forgiving person

The concept of a "just world"

We have to give that up and grieve it

Equating forgiveness with forgetting

Really good forgivers never forget

Equating forgiveness with reconciling and/or trusting

It takes two to reconcile or trust, it takes one to forgive

Not forgiving as a way to stay attached

## V. Tips

- Recover what was broken

Identify what was broken and get in the process of redemption

- Become familiar with anger and grief

It's okay to be angry and it's okay to grieve

- Make sure you have support

Make an inventory: who in your life can help you live forgiveness? \

Relationships require forgiveness

You'll get hurt when you love, but it's worth it

## Next week on *Solutions*: “The Secret Things of God, Part 1”

### Resources:

#### BOOKS:

##### *Hiding from Love*

By Dr. John Townsend  
www.cloudtownsend.com

##### *Who’s Pushing Your Buttons?*

By Dr. John Townsend  
www.cloudtownsend.com

##### *Loving People* (to appear)

By Dr. John Townsend

**CLOUD-TOWNSEND** SOLUTIONS FOR LIFE 

**FREE** online video solutions 24/7!

As part of our online video community you can ask Dr. Cloud & Dr. Townsend your questions and get a video response!

Go to **CloudTownsend.com** and discover:

- relevant video solutions
- videos of the week
- engaging discussion groups
- and much more!



Sponsored In Part By:



**NewLife Ministries**

New Life Ministries is a fully-equipped resource for the treatment of mental and spiritual health issues.

[www.newlife.com](http://www.newlife.com)

### Contact Information:

#### Dr. John Townsend

Cloud-Townsend Resources  
3176 Pullman Street, Suite 105  
Costa Mesa, California 92626  
**Phone:** 800-676-4673  
**Web:** www.cloudtownsend.com

#### Church Communication Network

PO Box 1718  
Mt. View, CA 94042  
**Phone:** 800-321-6781  
**Fax:** 650-745-0660  
**Email:** ccninfo@ccnonline.net  
**Web:** www.ccn.tv

Visit CCN on the web at [www.ccn.tv](http://www.ccn.tv)