

Four Promises of Forgiveness

Through forgiveness God tears down the walls that our sins have built, and he opens the way for a renewed relationship with him. This is exactly what we must do if we are to forgive as the Lord forgives us: We must release the person who has wronged us from the penalty of being separated from us. We must not hold wrongs against others, not think about the wrongs, and not punish others for them. Therefore, forgiveness may be described as a decision to make four promises:

1. "I will not dwell on this incident."
2. "I will not bring up this incident again and use it against you."
3. "I will not talk to others about this incident."
4. "I will not let this incident stand between us or hinder our personal relationship."

By making and keeping these promises, you can tear down the walls that stand between you and your offender. You promise not to dwell on or brood over the problem or to punish by holding the person at a distance. You clear the way for your relationship to develop unhindered by memories of past wrongs. This is exactly what God does for us, and it is what he calls us to do for others.

Taken from [The Peacemaker: A Biblical Guide to Resolving Personal Conflict](#), by Ken Sande (Updated Edition, Baker Books, 2003).

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PEACEMAKER
MINISTRIES

PO Box 81130
Billings, MT 59108
406-256-1583
www.Peacemaker.net
mail@Peacemaker.net