

Father Lord Jesus we thank you for the grace to be called your daughters.. We say even as we discuss on forgiveness you will teach us in Jesus name.

Forgiveness

To pardon, to waive any negative thing or desire to punish. For Forgiveness to take place that means someone might have hurt you, something that one can find difficult to forgive. So forgiving someone who hurt you is never easy

Colossians 3 v 13

KJV: Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

NIV: Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Especially when it's something that concerns bodily abuse e.g rape assault etc. OK... So how do I forgive someone who has deeply hurt me?

1. **Acknowledge the pain:** some of us will always want to shy away from this point **u will be like you did not offend me na"** but when you acknowledge it that someone has offended me deeply... **Cry it out** tears are good indicator that something is wrong.
2. **Think through the pain:** personally when someone offends me and I've cried it out [water is closer to my own eyes o] I ponder on the gravity of the offence, doing this is not that you should now conclude that never will I forgive this person., but rather to think through forgiveness.

Also forgiveness is a commandment from God Mark 11 vs 25

KJV: And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

NIV: And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins

3. **Let go of the pain and continue to forgive:** forgiveness is a process... Especially when the pain is severe.... You will profess forgiveness this minute and the next you will say I can't forgive this person... In this situation you continue to forgive.... Till you completely release the person off your mind

4. **As a God's bae [chic] u pray for one who hurt you:** The benefits of doing this [forgiving those that have wronged us] is *so that our prayers will not be hindered* remember when Jesus was speaking about offering that if you hold a grudge against someone and you're about to cast your offering that's it's better we leave to settle it first than to cast it and just make the pastors pocket and not been blessed

Lastly, when you finally forgives[release] the wrong doer from your heart then you will notice that **the real prisoner was yourself**

So ladies of worth, let us learn to forgive and forget patapat

PS: If we have someone that we are finding it difficult to forgive pls let us start from the first step and cry it out to God to help us forgive the person... And the Lord will help us.

QUESTION: There's someone that offended me a long long time ago. I think I've forgiven him and I don't wish him evil but I usually hear that he's having problems with this and that and I never feel bad for him. Sometimes I feel like he's reaping the fruit of his labour and that he deserves it. Does this mean I haven't forgiven him?

ANSWER 1: It's difficult forgetting an hurt. But what works for me is when I no longer feel angered about what has happened. So if ya still wishing bad bad things for him then ya yet to let go fully

ANSWER 2: Being offended starts from the heart [soul] and also does forgiveness.... So in this situation please revisit your forgiveness and truly answer this question **av I really forgiven him?**

ANSWER 3: The best way to ease this one, as I'd proffer, is pray about it, sometimes that we need to get off our chest, never really go until you let it. Freely express the hurt, if there still be and wish him good even in prayers. Stephen had all reasons to pronounce evil, Jesus had all power to cause an earthquake, you know? Joyce Meyer 100% proof to kill her father, you know? (If you know the story so well, good!) . But they rather chose to lay it low and see it as **I forgive you**. I know it now depends on the hurt but Babe, yeah you've forgiven him Let it go

I personally believe is *you can't hate who you pray for. I'm not talking the fire burn them prayer. A prayer of goodwill. For that person, you don't have to 'feel good', just say a sincere word of prayer.

Like OluwaTimilehin said, act the word.