



MLCPC 210:

Forgiveness and Reconciliation:

The Road to Recovery

Eric Scalise, Ph.D.

Abstract

This session will explain how coaches can move clients to a place of forgiveness. Dr. Scalise will detail the steps of forgiveness and will teach coaches biblical insights on forgiveness. Participants will learn how to walk clients through forgiveness and will learn how to explain the difference between forgiveness and reconciliation.

Learning Objectives

1. Participants will be able to articulate the definition of forgiveness when working with clients.
2. Participants will be able to apply Scripture when working with clients through the process of forgiveness.
3. Participants will study the path to freedom.

I. The Road to Recovery

A. Building Blocks for Change and Transformation

1. Step #1: Recognizing and Admitting

"Let us examine and probe our ways, and let us return to the Lord."—**Lamentations 3:40**

2. Step #2: Freeing Up the Emotions

*"As for me, I shall call upon God, and the Lord will save me. Evening and morning and at noon **I will complain and murmur**, and He will hear my voice."*
—**Psalm 55:16-17**

"Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us."—**Psalm 62:8**

3. Step #3: Renewing the Mind

*"And do not be conformed to this world, but **be transformed by the renewing of your mind**, so that you may prove what the will of God is, that which is good and acceptable and perfect."*—**Romans 12:2**

*"Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is seated at the right hand of God. **Set your mind on things above**, not on the things that are on the earth. For you have died, and your life is hidden with Christ in God."*—**Colossians 3:1-2**

4. Step #4: Exercising the Will—the role of accountability

*"Now, therefore, fear the Lord and serve Him in sincerity and truth; and put away the gods which your fathers served beyond the River and in Egypt, and serve the Lord. If it is disagreeable in your sight to serve the Lord, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my house, **we will serve the Lord.**"—Joshua 24:14-15*

*"Therefore, confess your sins **to one another**, and pray **for one another** so that you may be healed. The effective prayer of a righteous man can accomplish much."—James 5:16*

II. Commitment—Running in the Race

*"I have fought the good fight, **I have finished the course**, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord will, the righteous judge, will award to me on that day.; and not only to me, but also to all who have loved His appearing."—2 Timothy 4:7-8*



"Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of our faith."

Hebrews 12:1-2

A. We need to recognize the things that weigh us down.

- B.** Coaches need to be able to work with clients so that they acknowledge whatever it is that is weighing them down (guilt, fear, hopelessness, worry, shame, anxiety, confusion, etc.).

III. Forgiveness

A. Reasons for Unforgiveness

- 1.** The offense was too great.
- 2.** The other person won't accept responsibility for the offense.
- 3.** The other person isn't truly sorry.
- 4.** The other person never asked to be forgiven.
- 5.** The other person will do it again.
- 6.** The other person did it again.
- 7.** The other person did it deliberately.
- 8.** I don't like the other person.
- 9.** If I forgive the offense, I'll have to treat the offender well.
- 10.** Someone has to punish the other person.
- 11.** I don't feel like forgiving the other person.

12. I can't forget what happened.

B. How a person handles the pain and abuse of a trauma or an event may, in fact, cause great pain and greater trauma than the original event.

C. Sometimes the most extraordinary evil can take place at the hands of the most ordinary people.

D. Consequences of Unforgiveness

1. Stress and anxiety
2. Self-inflicted condemnation
3. Lack of trust and love
4. Anger and bitterness
5. Perpetual conflict
6. Building up of emotional walls
7. Depression and hopelessness

IV. Areas of Forgiveness

A. The Forgiveness of God

*"My God, my God, **why have You forsaken me?** Far from my deliverance are the words of my groaning. O my God, I cry by day, but You do not answer; and by night, but I have no rest."—Psalm 22:1-2*

*"And there arose a fierce gale of wind, and the waves were breaking over the boat so much that the boat was already filling up. Jesus Himself was in the stern, asleep on the cushion; and they woke Him and said to Him, 'Teacher, **do You not care** that we are perishing?'"—Mark 4:37-38*

B. Forgiving Ourselves

*"I, even I, am He who **wipes out your transgressions** for My own sake, and I will not remember your sins."—Isaiah 43:25*

*"He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him. As far as the east is from the west, **so far has He removed our transgressions from you.**"—Psalm 103:10-12*

C. Forgiving Others

*"Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, **forgiving each other**, just as God in Christ also **has forgiven you.**"—Ephesians 4:30-32*

*"So, as those who have been chosen of God, holy and dearly loved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and **forgiving** each other, whoever has a complaint against anyone; **just as the Lord forgave you**, so also should you. Beyond all these things put on love, which is the perfect bond of unity."—Colossians 3:12-14*

D. Seventy Times Seven – Matthew 18:21-35

1. The servant uses the Greek word ***makrothumeo***, meaning have patience with me.
The servant was asking the king for more time.
2. The king responded using the Greek word ***aphiemi***, meaning to abolish.



Matthew 18:21-35

makrothumeo:

aphiemi:

E. What Forgiveness is Not

1. Forgetting
2. Excusing
3. Just a feeling
4. A one-time act

V. A Path to Freedom

A. Hurt

B. Hate

C. Hook

D. Heal