

## **This is “Peer Counseling Pause” with Reova Meredith**

### **Forgiveness**

**There are three potential responses when a person has been hurt or offended.**

**Retreat or escape**

**Fight**

**Forgive**

**Forgiveness of the offender is essential for complete emotional and spiritual healing.**

**The secular community also realizes the importance of forgiveness and has begun to include it in their counseling sessions.**

**The roadblocks that keep us from being able to forgive are:**

**Pride**

**Anger**

**Hurt**

**Revenge**

**Guilt**

**Not forgiving can bring problems to our mental, physical, spiritual and emotional well-being.**

**This may be the single , most difficult thing we, as Christians, are asked to do. “Forgive as the Lord forgave you”**