

PROFILES IN BITTERNESS



JON

Jon's parents are in the midst of a painful divorce. Through his tears, he pours out the hatred and anger that's boiling inside. "Talk to them? Love them? Forgive them?" he fumes. "When Hell freezes over! They're going to pay. Both of them." And they were.



SUSIE

Susie had been publicly humiliated by a friend earlier in the day. When the youth leader encouraged Susie to forgive her friend, Susie said: "But she just blurted it out and laughed. Right in front of everyone! And you want me to forgive her? Oh, I'm like really sure. As if I'm going to act like nothing happened. Right!"



JENNIFER

Jennifer's uncle sexually molested her when she was a little girl. As her voice shook with emotion, Jennifer said: "I know I should forgive him, but I can't. I won't. I'll never be clean again. Never."

DO I NEED TO FORGIVE?

Unforgiveness can creep up, latch on and never let go. Take this test to discover if there's unforgiveness in your heart.

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Do I remember being hurt by someone? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is someone currently hurting me? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does my stomach get upset, does my head ache or do I feel tense whenever I think about a past or current hurt? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do I ever think about ways to get back at someone who's hurt me? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do I have resentment toward someone? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do I feel guilty when I think back on past or current hurts? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have I stopped going to church as much; am I unable to pray for certain people; or do I feel separated from God? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered yes to any of these questions, there may be someone you need to forgive. Spend the next few minutes alone, asking God to remind you of people you haven't forgiven. Write on paper everything that comes to mind.

FORGIVENESS



1. When have I hurt you during this weekend? Explain.
2. When have I felt hurt by you this weekend? How?
3. Can I ask you for forgiveness?