



A woman who rises is one who *Forgives*
Forgiveness does not change the past, but it does enlarge the future.
Paul Boose

Introduction

Holding on to grudges turns into bitterness and only serves to imprison us. Only through forgiveness can we be set free and healed of our emotional wounds.

An Interview With Cherry

- A. A story of sexual abuse.
- B. How do you define forgiveness?
- C. What do you think are some of the challenges or obstacles that make it difficult to forgive?
(Matthew 18:21-22)
- D. Once you made the decision to forgive were you able to extend that forgiveness instantaneously?
- E. How do you know if you've truly forgiven?
- F. Have you experienced any benefits from forgiving your abuser? (Matthew 6:14; 1 Peter 3:9; Matthew 5:23-24)

For Further Study

Matthew 6:12-15	Ephesians 4:31
Colossians 3:12-13	Romans 3:23
Mark 11:25	
Luke 6:37	
Matthew 5:23-24	
Matthew 18:21-22	
1 Peter 4:8	
Proverbs 17:9	
Daniel 9:9	
Luke 6:27	
1 Peter 3:9	