

BEYOND FORGIVE AND FORGET

Ruth Ann Batstone

MOVING



“It was the worst kind of nightmare. A close friend had stabbed us in the back and we were reeling from anger, sorrow, and guilt (because we want to make them pay). This went on for some time, until we were finally ready to face the whole truth. That’s where this book comes in. Ruth Ann is a wise counselor. She wouldn’t let us do the easy thing of either demonizing the other or ourselves. This helpful book outlines the process she helped us discover as we embraced a healing path. I heartily recommend it to you.”

John Thomas, Director of Global Training, Redeemer City to City

“Childhood examples of and teaching on forgiveness had left me with more questions than answers. It wasn’t until I met Ruth Ann that I discovered another way. The gospel way! One that has no place for denial of wrong committed. One that doesn’t minimize the damage. And one that waits with patience as we grapple with our own forgiveness. This is not a quick-fix book; it’s an invitation to a lifestyle. But be forewarned: Batstone’s words have a way of blowing up our preconceived ideas. Of laying the groundwork for the Spirit to begin that deep heart work that leads to true forgiveness and a new way of living.”

Shari Thomas, Founder and Executive Director of Parakaleo

“Profound and practical. In this short study, Ruth Ann draws you to a new and deep consideration of forgiveness in light of the mercy of a Savior who has also suffered. As the sacrifice of the cross amazes afresh, prepare for your own heart to be uncovered. Walk with her through the searching questions she addresses to the heart, and expect the Spirit’s powerful healing work.”

Chris and Esther Bennett, Chris is pastor of Wilton Community Church, north London, and lecturer at London Theological Seminary; Esther is Committee Manager with Londonwide Local Medical Committees

“We often take a mental picture of those who have hurt and betrayed us the most and then pull out that picture and say to ourselves, ‘I can never forgive you for what you did to me.’ Ruth Ann shows us how the gospel both gives us the supernatural power to forgive and be freed to love and serve God and others through the forgiveness he offers us.”

John Freeman, Founder, Harvest USA; author, *Hide or Seek*

“Ruth Ann’s book doesn’t stint or compromise, but bravely cries, ‘forgiveness.’ She walks us into the wilderness of our hurt and offers us the steel of real forgiveness. Her book is like enjoying a cup of tea with a wise woman who has loved a Suffering Servant for a long time. She’s the real thing.”

Robert Gordon, Marriage and Family Therapist

“J. I. Packer once compared two theologians in this manner. The writings of the first were biblical but ‘dry as toast.’ The second? Also biblical, but this one ‘wrote theology from his knees.’ The same can be said of my dear friend Ruth Ann Batstone. It is observable on every page of *Moving On* that she is drawing from a deep wellspring of her own personal struggles with forgiving others. Ruth Ann writes about ‘forgiving’ from her knees.”

Bill Senyard, President of Gospel App Ministries; author of *Fair Forgiveness*

“Nothing is wasted, nothing is lost even when men betray, deceive, and seek to destroy our lives, because God forgives, restores, and redeems the evil. Ruth Ann tells her story of sexual abuse and betrayal with honesty and compassion as through the years she has immersed herself in God’s story of grace and forgiveness that brought healing to her life. And now the story goes forth with a message of hope to men and women whose lives have been shattered and broken by the evil done to them.”

Rose Marie Miller, Author of *From Fear to Freedom* and *Nothing Is Impossible with God*; coauthor of *The Gospel-Centered Parent*

“*Moving On* helps all of us who get stuck in those nasty cycles of holding grudges and harboring resentment to find the freedom that our hearts and bodies crave. Inspirational, comprehensive, practical, and theologically robust, *Moving On* is a beautifully written primer on forgiveness that can be immediately applied to the heart. Ruth Ann’s writing is accessibly transparent. She writes as a seasoned traveler on the road to both give and receive forgiveness and as a seasoned mentor who has led many others to this same freedom.”

Drew Angus, Director of Spiritual Outreach, Cancer Treatment Centers of America, Philadelphia, PA

“Ruth Ann Batstone has written a redemptively tricky book. Who doesn’t want to read about forgiveness and moving on? While reading the narratives Ruth Ann uses to set the stage of this book, you find yourself reviewing your own betrayals and the ‘hall of fame’ folks who have caused you significant hurt and sorrow. That is when *Moving On* seeps into exposing your finely honed practice of hardness, bitterness, and self-protection that continues to hold you prisoner. *Moving On* moves the reader past reliving it and offers pragmatic solutions for the reader to learn the work of giving grace and forgiveness wholeheartedly.”

Penny Freeman, Counselor with Serving Leaders Ministries and Parakaleo

“Though the title implies a manual on forgiveness, this book offers much more: a broad invitation to live freely in a broken world. Batstone shares richly from a lifetime of honest lament and practical wisdom, enabling us to thrive in the

face of suffering. Whether you grapple with deep life-shattering wounds or daily petty irritations, or most likely both, you will find the rare jewel of conviction suffused with hope. I plan to re-read this treasure regularly.”

Jennifer Myhre, Pediatrician and Serge Area Director for East and Central Africa; author of *The Rwendigo Tales*

“If you’ve ever grappled with forgiving someone, you need this book. And even if you haven’t, you still need to read *Moving On*; in this sinful world and in the hidden depths of our hearts, forgiveness is always a timely subject. This short book provides God-honoring, practical wisdom that is theologically and emotionally sound. Batstone’s clear, concise, insightful writing points the reader to the only source of forgiveness: Christ and the power of the gospel.”

Maria Garriott, Resource Coordinator at Parakaleo; author of *A Thousand Resurrections*

“Forgiveness is costly and complex. In her book, Ruth Ann clearly articulates the complicated task of entering the process that offers grace that is counter to our natural desire for justice. From her own life experience as one harmed by someone she trusted, she is now called to walk the path of forgiveness with wounded others. She calls us to look more closely at our own brokenness and to receive grace as we, often reluctantly, are called to the difficult task of offering it to others. She masterfully invites all of us to embrace this path toward transformation found in following Jesus with love and forgiveness. This is a must-read for all who would accept that invitation.”

Roy Shirley, Director, Cornerstone Center for Training and Development

“In a world filled with guilt, blaming, and shaming, RuthAnn dares to write what would put her and most every counselor out of business—forgiveness. It’s a timely book that simultaneously points people to the greatest Forgiver, Jesus Christ, and then points to our hearts empowering us to forgive others as Christ forgave us.”

Steve Resch, Senior Pastor, Walnut Creek Presbyterian Church, Gahanna, Ohio

“Ruth Ann Batstone’s book, *Moving On*, is the ultimate healing roadmap for anyone who has ever been hurt or betrayed by someone. Batstone’s expert and gentle guidance leads the hurting through their healing journey. She explores crucial milestones such as Christ’s faithfulness, the power of the gospel, and understanding forgiveness so that her readers may reach their ultimate destination: Moving on!”

Beth A. Fylstra, Not for Profit and Religious Organization Specialist, Every Little Detail, LLC

“For every person who knows they need to forgive but struggle to do so, Ruth Ann Batstone, seasoned counselor and compassionate guide, shows us the way. With personal stories, sound theology, and thorough research, *Moving On* helps us begin the process of forgiveness and encourages us to make it a lasting lifestyle. Don’t miss this essential work on gospel forgiveness!”

Elizabeth Turnage, Writer, Story Coach, Teacher; author of the *Living Story Bible* study series and the Living Story Blog

“Ruth Ann Batstone offers an accessible, much-needed resource that reflects biblically upon foundational issues and gives practical examples. She asks wise questions that bid us to follow Christ down the beautiful, daunting path of forgiveness. Gently and clearly, Ruth Ann challenges us to model him by forgiving even our deepest hurts. Because the unknowing world yearns to see Christ in us, I can’t wait to use this book.”

Joel Hylton, Area Director for Serge Apprenticeships

“My wife and I first heard Ruth Ann speak on forgiveness years ago. It was like light seeping into the dark recesses of our hearts. Jesus thought forgiveness important enough that when he gave us the Lord’s Prayer the one item he commented on further was forgiveness. Ruth Ann’s book helps us put Jesus’s call to forgive into practice. Thank you, Ruth Ann, for listening to our Teacher.”

John Hall, Pastor and church planter

“Though forgiveness is at the core of the gospel message, it’s so easy to downplay its centrality. In *Moving On*, Ruth Ann invites us into the heart of God whose grace is found in the most difficult of places. There we learn the extent to which we’re forgiven, see the myriad of ways we withhold forgiveness, and discover how we can live daily as those who are forgiven.”

Pamela Brown-Peterside, Former Managing Director of Community Groups, Redeemer Presbyterian Church, New York

MOVING ON

BEYOND FORGIVE
AND FORGET

Ruth Ann Batstone



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Introduction

Almost every day there is something I need to forgive. Definitely every day there is something for which I need forgiveness. Forgiveness can be a simple transaction or an extended process. Sometimes it seems effortless, but it can also be complicated and difficult. As you read this book, I hope that you will grow in your understanding of forgiveness. But there is an even more important goal. I hope that you will also begin to have the kind of heart Paul describes in Ephesians 4:32, one that is “tenderhearted” and “forgiving.” You have probably already noticed that this isn’t natural at all! It certainly isn’t to me. But we do have a God who loves us and promises to help us as we ask.

Since you are reading this book, I’m going to guess that you have a reason to be curious about forgiveness. Perhaps you are searching for a way to deal with a difficult relationship with someone you find very hard to forgive. Or perhaps a person you care about deeply is trapped by an inability or even refusal to forgive. I hope that what you read here will be helpful. But please also consider opening your heart a bit wider, so that your growth in forgiveness might lead to more than just the situation that brings you to this book. Forgiveness opens the door to a different way of living where we grow to trust God more, to love others in new

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ways, and to maybe even begin to embrace life with more wide-open arms.

At the end of each chapter are a few questions about forgiveness. If you like to write in your books, you can answer the questions there. Or you might keep a notebook handy, so that you can answer the questions and interact with what you are reading there. Either way, record things that make you curious, those that don't make sense to you, things that seem encouraging and, certainly, things that you disagree with. Answer the questions or add a few of your own that you might return to later.

An important question to answer as you start this book is this: How do I know if there is someone I need to forgive? The following questions may help you figure that out:

- Are you reading this book because someone you know struggles to forgive? If so, you may also discover some things that are helpful to you. Feel free to investigate them just for yourself.
- Is your own heart struggling with a low-grade issue that doesn't seem to resolve? Are you tired of forgiving over and over?
- Does a trauma or betrayal continue to plague your life and memory? It may be something that seems too overwhelming to even consider forgiving.
- Has a particular relationship caused you harm—a broken friendship, infidelity, divorce, a prodigal child?
- Have you been cheated out of money or had something valuable taken from you?
- Or are you simply but regularly irritated by something that seems insignificant, like your neighbor letting his dog run loose on your lawn?

Introduction

When we have been hurt, we usually move toward whatever space makes us most comfortable. What is your favorite hiding place?

Do you confront and control,
run away,
find a diversion,
complain to a friend,
look for something delicious to eat or drink,
find a party to attend
or drop out of everything and live in solitude as much as possible?

We called this book *Moving On* to acknowledge that often we feel stuck when it comes to forgiveness. We have been hurt and we don't quite know what to do with that hurt, how to process, how to forgive those who have hurt us, and what moving forward in a relationship does and does not look like. Often, when we struggle to forgive, it can feel as if things are off-kilter, though it may be hard to identify the cause. It just seems like something is wrong with us. We may have a vague sense of uneasiness; we feel like our hearts are unsettled.

But might that out-of-balance feeling be a nudge from the Holy Spirit to search for the source of your distress? What if your unease is his invitation to explore your heart to see what might be tucked away there? Maybe you have become used to feeling the way you do. Maybe you just keep thinking it will disappear. Maybe God is inviting you toward a better plan.

God is infinitely creative in the ways he brings us to himself. Whether we have never known him or whether we have followed him a long time, God is brilliant in arranging a path that leads us to him. Sometimes the road toward forgiveness is straightforward

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and even short. But it may also be a longer trail path that winds along, with switchbacks, mountains, or even deserts. Whatever course the path takes, the forgiveness you have received through Christ, the deep love and care of the Father, and the power and presence of the Holy Spirit will provide courage and strength as you travel, and perhaps even some surprising joy in the journey.

Forgiveness is often a precursor to change, expected or unexpected. Sometimes we don't know what we need to change or how that change may come about. So as you read, be bold. Ask God to show you what you need to learn and where change might be important. In Psalm 23:3, God says that he will "restore our soul." *The Message* puts it like this: "True to your word, you let me catch my breath and send me in the right direction." This is a great promise. The struggle to forgive can leave us gasping for air, but God's promise in this psalm is a place to breathe and a path that is good. This book is sprinkled through with stories of those who are in difficult situations that call for forgiveness to be both offered and received. As you read, consider what your story is. How does it fit into God's story, and how might forgiveness change and free you to love God and others? Come along and see where the forgiveness path might lead!

CHAPTER 1

Beginning a Journey

Jeff and Christina were at it again. Christina was angry that she was left at home again with their three children while Jeff went to play basketball. She would have to manage dinner and bedtime on her own while he was out with his friends. While he was gone, she spent the time rehearsing what she would say when he returned. She came up with some choice words. Jeff answered back angrily and this was followed by a cold silence between them. But for each of them, their thoughts continued in a steady stream of complaint and negativity.

Jeff was thinking, *I work hard all week. I provide for my family and spend time with them. Why can't Christina see how much I do instead of always being angry every time I do one small thing with my friends? And the things she just said about me! Really?? Next time I think I'll just stay out longer. Who wants to come back to that?*

Christina was thinking, *I am always with the kids. Jeff at least spends time with adults at his job. But he doesn't seem to care about me. No matter what I say, he does what he wants when he wants. I'm going out with my friends and leave him with the kids. We'll see how he feels then!*

It's the same fight that they have had many times before. And they are left with the same feelings and the same distance.

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Jeff and Christina are churchgoers who know about the need for forgiveness. But they don't know what it would look and sound like in their relationship.

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“Life is beautiful,” some would say. It can be, but it can also be hard and confusing. Like Jeff and Christina, we can find ourselves in difficult situations where we feel wronged. In response, our hearts move into frustration, thoughts of revenge, fear, numbness, sadness, and sometimes even desperation. Thinking through our responses to these challenges can occupy our minds and drain our energy. But as daunting as it can be to consider forgiveness, it's also important to recognize that the choices we make as we struggle with complicated relationships will impact us emotionally, intellectually, spiritually, and physically. They will have a deep effect on the way we understand ourselves, the way we relate to others and the way we live our lives. It's that important. It's worth the effort.

But even when we know that we have to deal with forgiveness, we often genuinely have no idea how to proceed. There may be blockades that feel impassable; fears that seem unconquerable. It can seem impossible to move forward. We often feel stuck in the same dispiriting ways of relating. But, as one who has faced many of her own blockades and fears, I have written this book to say, “Hold out for hope, because the blessings and benefits of forgiveness are far greater than you may think.”

Where Are You with Forgiveness?

When it comes to forgiveness, we have to start by understanding where we are—what we think and feel about the issue, and how we respond to God's call to forgive. So let's begin by looking at the list below. Have you ever said or thought any of these statements? Which ones do you identify with most?

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- I don't know how to begin.
- What they did to me happened too long ago. It's better to forget it.
- Why bother? Next week, I'll be angry about the same thing again.
- Some things you just can't forgive.
- I've asked God to help me forgive but nothing happens.
- I've forgiven him, but I can't forgive myself.
- Forgiveness seems unfair. She should pay.
- I can never forgive like God does, so why try?
- Something is wrong with me. Other people don't have trouble with forgiveness.
- I've forgiven her, but I don't like her.
- I won't forgive him until he is sorry he did it.
- I'll probably never see her again, so it doesn't make any difference.
- When someone says that he forgives me, I never know how to respond. I wish people would just say nothing.
- A friend told me she forgave me and I didn't even know what I'd done.
- After what I did to that person, there is no way I deserve to be forgiven. I hope she just leaves me alone.
- It will take me my whole life to pay back the harm I did to my sister.
- I've said I'm sorry. Why do I have to ask him to forgive me and rehash the whole mess?

We all have a history of forgiving and not forgiving, of being forgiven and not being forgiven, so you can probably identify with at least a few statements in this list.

Forgiveness comes in all sizes. We may have to forgive someone for something tiny, like not returning a phone call. We might need to forgive someone for speaking harshly to us (like Jeff). We might need to forgive someone for not understanding our need

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for help (like Christina). Or we may have to forgive someone for a wrong that harmed us greatly with a lasting impact.

Whether the matter is big or small, it's not long before the need to forgive causes us to face the reality of our own unforgiving hearts. When we experience pain, our hearts may choose many responses that bypass forgiveness. Some let their hearts go numb with a refusal to engage with people, or with hardness and a deep need for control. Some of us respond by being “nicer” on the outside, but only to ensure that we are not hurt in the same way again. Others respond with anger, holding grudges, being critical and bitter, walling off relationships. Some are clever enough to protect themselves by blending in anywhere—or the opposite, by standing out in a crowd. Both can be ways to hide. We can be incredibly creative as we try to protect our hearts from being harmed one more time. Whichever way the struggle and pain of our hearts manifests itself, we can see that forgiveness is usually not our first response when we have been hurt.

But we can't avoid the issue. We may have many ways to bypass forgiveness, but the need for it is universal. Forgiveness is a necessity of life. We live in a world where we need to be free to receive forgiveness and free to offer it. But how did our world get that way? How did *we* get that way?

A Beautiful, Broken World

Our world is staggeringly beautiful but also falling apart. That is also true of us who live in this beautiful but broken place. God created a perfect world. Genesis 1:31 tells us, “And God saw everything that he had made, and behold it was very good.” But not long after Adam and Eve were created and given a beautiful garden to live in, they made choices that brought us to where we are today. Adam and Eve decided that all God had given them was not enough; God was holding out on them. Enticed by the Evil One, they took things into their own hands and challenged God's love and care by eating the one fruit God had told them

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not to eat (Genesis 3). The serpent had slyly asked, “Did God actually say?” challenging the Creator’s words. Then he said that if you eat the fruit, “you will be like God” (Genesis 3:1, 5). Eve looked at the tree and considered its fruit. To her, it looked good to taste, so she ate. She then gave some to Adam and he joined in her rebellion.

In that moment of disobedience to God’s command, guilt and shame entered the world with a stunning blast. Immediately Adam and Eve had to hide from each other and from God as the fall followed quickly on the heels of creation.

Today we live in a world that is still beautiful in many ways, and we ourselves still reflect—in part—how creation was before the fall. For example, we love beauty and we desire good things. As men and women made in God’s image, we long for love and relationship. But we have also been changed by the fall and we, like Adam and Eve, find that our lives have been permanently bent toward independence and getting our own way. We resort to amazing strategies to get what we want or think we need. Those self-centered motivations lead to sinful, harmful words and deeds against God and others. And thus the need to be forgiven for things we’ve done and to forgive others who have wronged us is present in each of us—it’s inescapable. As Romans 3:23 bluntly summarizes, “For all have sinned and fall short of the glory of God.”

Without forgiveness, both offered and received, our lives become darker, more isolated, and even further from what we were originally created to be—people who reflect God’s beauty, goodness, and holiness and who live in intimate relationship with him. Relationships cannot thrive or even survive in our broken world without the granting and receiving of forgiveness. Jeff and Christina, if they want their marriage to grow in closeness and intimacy, need to know both how to forgive and how to receive forgiveness. As they understand their place in God’s larger story—that of Creation, Fall, Redemption, and Restoration—they will also find a way forward in their relationship with each other.

One Great Story with Four Parts

When we struggle personally with forgiveness, it has a way of isolating us from others. In our pain, fear, anger, or hardness, we feel very much alone, stuck in that place with (it seems) no way out. But the fact that the Bible teaches that sin is a universal problem (and thus the need for forgiveness is as well) is good news for each of us, as grim as it is. Why? Because it shows us that our struggles are not unique to us. Instead, it enfolds our lives into the larger story that the Bible tells, the one great story of God's involvement in human history and human hearts. This story is a redemptive drama in four parts: Creation, Fall, Redemption, and Restoration. These four parts can be summarized like this:

1. **Creation:** When everything was as God meant it to be.
2. **Fall:** The tragic intrusion of sin and death, resulting in the pervasive brokenness of all people and everything God has made.
3. **Redemption:** God's promise to redeem creation and his fallen image-bearers through the grace-full work of his Son, Jesus Christ.
4. **Restoration:** The fulfillment of God's plan to gather and cherish a people forever, and to live with them in a more-than-restored world called "the new heaven and new earth."

You might say that first there is Life, then Loss, then Love, then Life.¹

In Creation, the first act of God's redemptive story, the world in which we live was perfectly created. It displayed beauty, glory, and creativity, all attributes of an amazing God. In the Fall, the second act, sin entered that world, as we have seen, tainting every aspect of creation, including our own hearts. Vestiges of the original world remain, but with the Fall, sin and decay entered our

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world and marred our own hearts up to the present day. Creation and its inhabitants no longer reflect the Creator as God intended. We see glimpses of what life in this world was meant to be *and* we experience what it has become—persons and places marred by brokenness, separated from God and alienated from each other.

In the third act, Redemption (which we'll look at more closely in chapter 2), God sent his Son, Jesus Christ, to rescue his lost and fallen creation. Jesus did this by living the sinless life that we as human beings were originally intended to live but no longer could. Then he died on the cross in our place, paying the penalty that our sins deserved before a holy God. His sacrifice on our behalf allows all who trust in him to be forgiven for their sins and restored to a relationship with God as his children.

In the fourth and final act of God's redemptive drama, Restoration, those who have been redeemed by Christ will live in a world where everything is right between God, us, and others. Among many other glorious realities, the struggle to forgive will no longer plague us, because there will be no more sin and thus nothing to forgive.

Beginning the Journey

This is the big story that God is telling in the Bible. It is the story that every Christian is a part of. The answers to your struggles with forgiveness lie here. The answers to Jeff and Christina's struggles lie here as well. So with this as our context, where do we begin?

First, think of someone you need to forgive, whether it's for a small thing like a simple oversight or a huge thing that was deeply damaging. It may have happened once or many times. It may have occurred this morning or years ago.

The person (or persons) you need to forgive may have hurt you with angry words, an ongoing conflict, a failed business venture, a betrayal, an abandonment, physical harm, or sexual

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abuse. The person may be someone you barely know, a family member, or someone you thought loved and respected you.

Sometimes, in God's mercy, forgiveness is the immediate response of our hearts. But it is far more often a process, a journey. It may be long, with twists and turns, or a short sprint. Whatever it turns out to be, pursuing forgiveness will reveal the needs of our hearts and the unimaginable love of the Father for each of us.

A Prayer for David and for Us

At the very end of Psalm 139, David prays a short, intriguing prayer after detailing the amazing and endless ways in which God has searched and known him. He has described how God knows what he will say before he speaks, how he is "hemmed in" by God and cannot go anywhere to flee from God's Spirit. No matter where he is, God will be there. God knew him in his mother's womb while he was still "unformed substance," and all his days were written in God's book before he came to be.

Then he asks God, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" (vv. 23–24).

After talking about how far God's knowledge of him extends, David still wants more. He did not want anything about him to be hidden from the Lord, so he asks, "Search me, O God . . . and lead me."

As we consider different facets of forgiveness, David's prayer and heart attitude can both be huge helps to us. Often when the Holy Spirit is prodding me to forgive, my response is something like, "I've already done that; don't you remember?" But what if we were willing to pray David's prayer, inviting God to know our hearts, to know our thoughts, to search out our "grievous" ways? Wouldn't a desire to be led in the way everlasting be a great place to begin our journey toward forgiveness?

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As we move through this book, we will traverse many types of emotional and spiritual scenery. We may encounter calm seas or hurricanes, glorious mountaintops or dark valleys. We may know the reality of fear, face faltering motivations, and no doubt experience significant fatigue. There may be times when Scripture, other writings, or companions will help us, and other times when we feel very much alone.

Wherever our forward movement takes us, we are sure to experience the wonder that Sam expressed in *The Two Towers*, by J. R. R. Tolkien: “I wonder what sort of tale we’ve fallen into.”² At such times, it is a deep comfort to know that God knows us, loves us, and leads us.

Please join this journey with me. Join if you have lots to forgive and you don’t know where to start. Join if you have lived through serious harm and feel that you will never really forgive. Join this journey even if you think forgiveness is too hard and not worth the effort. Moving toward forgiveness brings us into new territory and invites our hearts to new growth. It has the potential to open our eyes to the unimaginable love of the Father for each of us. That is the sort of tale I need to fall into. How about you?

Questions for Reflection

1. When someone hurts you and asks for your forgiveness, what is your instinctive response?
2. Are there things a person can do to make it easier to forgive him or her?
3. What things make it harder?
4. What battles might you have to fight in your own heart?
5. What is it like to be forgiven? Think of times when you’ve hurt someone and the person has forgiven you.
6. Do you ever feel like you don’t deserve to be forgiven? Do you want to do something to make it up to the person?