

FamilyLife Blended® Radio Transcript

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Practical Aspects of Forgiveness

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Ron: When forgiveness is difficult to do...chop it up.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: The Bible calls us to forgive. Sometimes a person is willing to forgive but doesn't practically know how to, especially if the offense feels like climbing Mt. Everest. When that's the case, make a list of the individual aspects of the mountain, the boulders if you will that you're trying to forgive. Chop it up. Then pray about them. Forgive them one at a time. This makes big offenses manageable.

Ask God to help you let it go. That's always where the process starts by the way and then cross each individual item off the list. That will help you climb and conquer the mountain. For FamilyLife Blended I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

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