

## Counterfeit Forgiveness

Free Yourself to Love: Introduction and Chapter 1

### *Counterfeit Forgiveness Keeps Us Hostage to Yesterday*

I C O N K E Y	
	Question/Discuss
	Read The Bible
	Read FYTL
	Watch the Video

 No DVD Clip With This Lesson - Open with everyone taking the “Rate Your Forgiveness” Test at the end of this chapter.

 **Fish & Chips and God’s Gi-Normous Mercy** - Read FYTL quotes on pp. xii, xiii of the Introduction.

**[Q]** *When considering God’s gi-normous mercy—look at your test score—would you rate yourself a good forgiver?*

 **Over-reached by Satan—Poser/Bluffing.** pp. 3-5



II Corinthians 2:10, 11

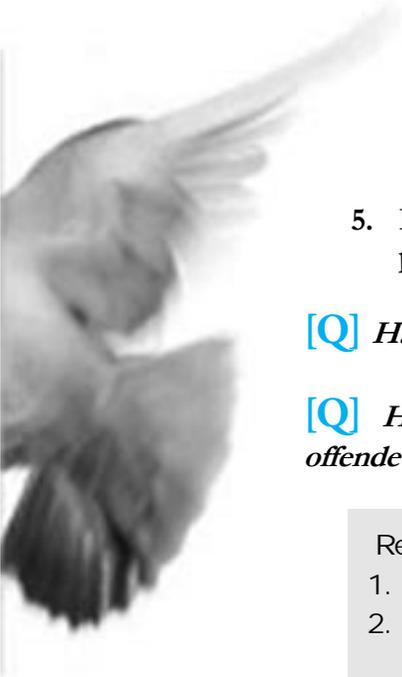
**[Q]** *How often have you considered Satan’s impact on your own struggle to forgive?*

 **Forms of Counterfeit Forgiveness**

1. Stoic Numbness. “What irritates me exposes me!” pp. 8-11
2. Minimization pp.12,13; “Trash Apologies.” p.13
3. Psychoanalyzing the Offender. pp.14-16
4. Holding One’s Breath Emotionally; Desolate Tamar. pp. 16-19



II Sam. 13:20



5. Being an Overachiever; “Good Works Piled Over Heart Wound.”  
pp.19-21

**[Q]** *Have you used any of these counterfeit forms of forgiveness in the past?*

**[Q]** *Have you been guilty of giving “trash apologies?” Have you been offended by “trash apologies?”*

Read the following and examine this list

1. Mistakes were made. (Rather than “I made a mistake.”)
2. To the degree you were offended. (Rather than “To the degree I offended you.”)
3. If I did anything wrong . . . (“If,” as opposed to “I did something wrong.”)
4. You can’t expect me to be perfect.
5. If I’ve hurt anybody, I’m sorry. (Again, “If” as opposed to “I’ve hurt you, and I’m sorry.”)
6. I’m sorry you are mad. (But I am not responsible for your being mad.)

 **Offend Not Thyself through Denial of Offense. pp.21, 22**

**Being Offended is Inevitable, Staying Offended IS MY CHOICE!**

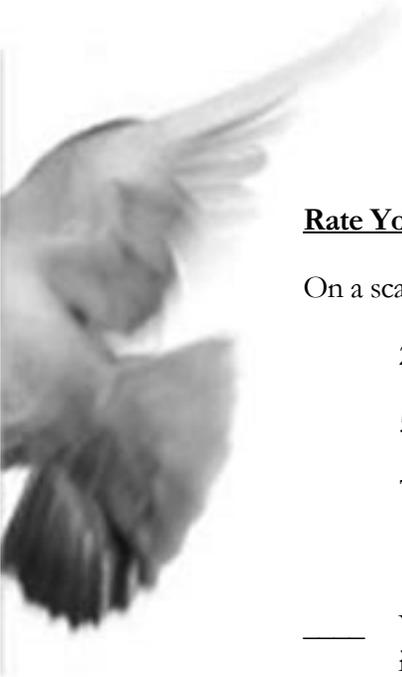


“Jesus said, ‘But I say to you who hear . . . Love your enemies . . . bless those who curse you, pray for those who abuse you.’” (Luke 6:27, 28)



“Jesus said, ‘And whenever you stand praying, FORGIVE, if you have ANYTHING against anyone, so that your Father also who is in heaven may forgive you . . .’” (Mark 11:25)





### **Rate Your Forgiveness Test**

On a scale of 0–100, rate your forgiveness in the following situations:

25–50: It hurts to think about it, but you can disconnect fairly quickly.

51–75: The memory of the incident lingers most of the day.

76–90: You are enraged when you think of the event.

91–100: You hope the person burns in hell.

- Your parent said something to you that angers you each time you recall the incident.
- Someone you trusted owes you money.
- Someone you trusted took unfair advantage of you.
- Someone else got the raise or job you deserved.
- Someone told a lie about you.
- You can't forgive your spouse or significant other for . . .
- Your child or good friend totally disappointed you.
- You were treated badly in childhood.
- Someone you love cheated on you.
- You can't forgive yourself for . . .
- Total

Scoring:

Under 315 = Occasionally you may need to work on forgiveness.

Between 315–450 = You have some significant forgiveness issues.

Anything over 450 is an indication of major unforgiveness.

NOTE: As you progress through this book, you may want to look at this quiz again to see if you may have engaged in more "counterfeit forgiveness" than the raw reality of forgiving that cost Jesus the Cross.

