

Forgiving
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It can be so difficult to forgive someone who hurts you, especially when you have to continue living with and dealing with that person. You may find yourself praying and praying everyday something like, “Jesus, help me to be forgiving.” Here I am providing some tools for how to forgive a spouse for the damage they do...even if you do have to pray it every day. It may take a while for the hold on your heart to break.

When it comes to finally being able to truly forgive we have found, the first step is to realize that forgiveness is always a choice, and much of the time we want the right to hang onto our bitterness. Sure you have the right to your hurt and anger, and then we have to ask what did Jesus do with His rights.

The second step is to identifying a specific person, who has done a specific thing, causing a specific pain. Following this explanation you will find a list of pain words you can look at to help you identify the pain it has caused you.

Part three is to be willing to pay for the sin. I know it is difficult when we are the victim to pay have to pay for sin. But sin has to be paid for. And yes, Jesus paid for all of our sins on the cross. He also asked us to do everything that He did and to follow in His footsteps. David also said that he would not sacrifice anything to His God that he has not paid for himself. We cannot give to Jesus anything that we do not own, or do not acknowledge that we have. And besides, you feel the pain and suffering, so you *are* paying every day anyway. Wouldn't it be nice to pay once and for all and not have to keep paying and paying and paying?

The forth part is to take back the ground you *gave* to the enemy through your bitterness. The enemy cannot steal anything from us here, he can only take what we give him, and our bitterness gives him a legal right in our hearts and lives. So take it back and yield it to Jesus's control

When you put it all together it may look something like this:

Lord, I choose to forgive my husband for calling me names, causing me to feel put down, belittled, can't do anything right. Lord Jesus I am willing to pay the emotional pain and consequences my husband has caused me. Jesus, I take back the ground I gave to the enemy through my bitterness, and I yield that ground to your control.

Emotional Pain Words/Vocabulary for Feelings

Abandoned	Desire	Helpless	to live	Tense
Abused	rejected	Hindered	Not listened	Terrified
Accused	Despair	Hopeless	to	Threatened
Afraid	Despised	Humiliated	Not valued	Tormented
Agitated	Despondent	Hurt	Numb	Torn apart
Alienated	Destroyed	Hysterical		Trapped
All my fault	Didn't		Obsolete	Trashed
Alone	belong	Ignored	Offended	Tricked
Always	Didn't	Impatient	On edge	
wrong	measure up	Imprisoned	Opinions not	Ugly
Annihilated	Discounted	Impure	valued	Unable to
Anxious	Discouraged	Inadequate	Oppressed	speak
Ashamed	Discredited	Incompetent	Outraged	Unaccepted
Avoided	Disgraced	Indecent	Overlooked	Uncaring
Awkward	Dishonored	Ineffective	Overwhelmed	Uncared for
	Disliked	Inferior		Uncertain
Babied	Dispassionate	Inhibited	Paralyzed	Unclean (dirty)
Bad	Disregarded	Insecure	Panicky	Uncomfortable
Belittled	Disrespected	Insensitive to	Powerless	Undesirable
Below par	Dissatisfied	my needs	Pressured	
Bewildered	Distressed	Insignificant	Pressure to	Unfairly
Bitter	Distrustful	Invalidated	perform	judged
Blamed	Disturbed	Irritated	Prideful	Unfairly
Bottled up	Dominated		Publicly shamed	treated
Branded	Down cast	Judged	Put down	Unhappy
Broken	Downhearted	Jumpy		Unimportant
	Downtrodden		Rebuked	Unloved
Can't do	Dread	Left out	Rejected	Unnecessary
anything		Lied to	Repulsed	Unneeded
right	Embarrassed	Lonely	Resentful	Unnoticed
Cast off	Empty	Lousy	Restless	Unresponsive
Cheapened	Enraged	Lost	Ridiculed	Unsafe
Cheated	Excluded		Ridiculous	Unsure
Condemned	Exhausted	Made fun of	Ruined	Useless
Confused	Exploited	Maligned		
Conspired	Exposed	Manipulated	Sad	Valueless
against		Mistreated	Scared	Violated
Controlled	Failure	Misunderstood	Selfish	Vulnerable
Cornered	Fear/fearful	Mocked	Self disgust	Vengeful
Criticized	Foolish	Molested	Separated	
Crushed	Forsaken		Shamed	Walked on
Cursed	Friendless	Negative	Shattered	Wasted
Cut off	Frightened	Neglected	Shocked	Weak
	Frustrated	Nervous	Silenced	Whipped
Deceived	Furious	No good	Slandered	Worried
Defeated	Futile	No support	Spiteful	Worthless
Defenseless		Now way out	Startled	Wounded
Defrauded	Good for	Not being	Stepped on	
Dejected	nothing	affirmed	Stressed	
Demoralized	Guilty	Not cared for	Stupid	
Depressed		Not		
Deprived	Hated	Cherished	Taken	
Deserted	Hate myself	Not deserving	advantage of	