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Instruction Manual: Forgiving What You Can't Forget

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INTRODUCTION TO THE JOURNEY OF FORGIVENESS

This manual provides guidance for engaging with "Forgiving What You Can't Forget" by Lysa TerKeurst. The book addresses the profound suffering caused by unresolved pain and offers a path to move on, make peace with painful memories, and create a life that is beautiful again. It is designed to help individuals navigate the complexities of forgiveness, especially when the offending party is unwilling to reconcile or acknowledge their actions.

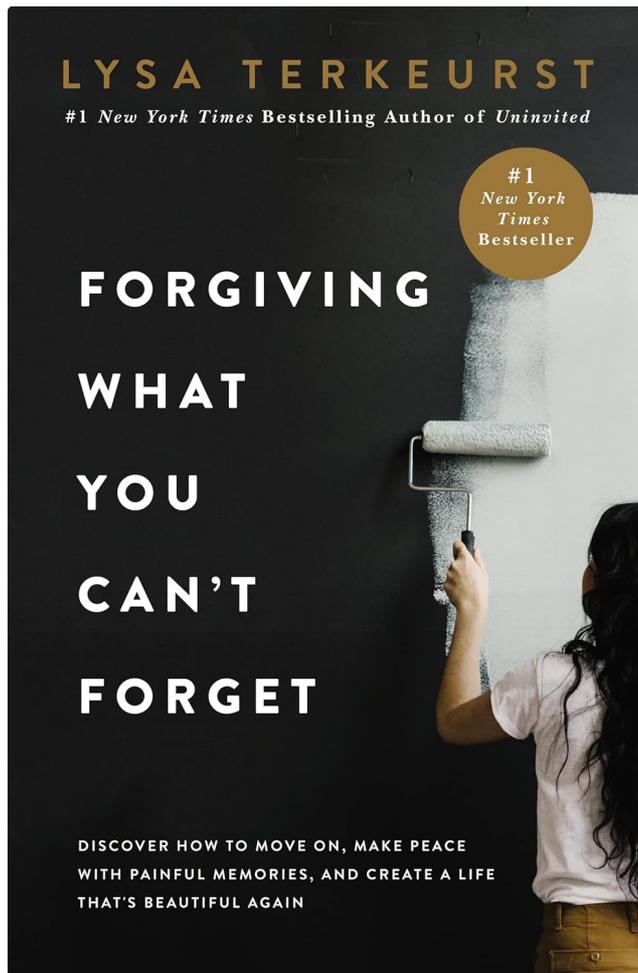


Image: Front cover of the book "Forgiving What You Can't Forget" by Lysa TerKeurst.

The core message emphasizes that forgiveness is a process for personal healing and freedom, not necessarily for reconciliation with the offender. It delves into biblical truths and practical steps to release resentment and overcome resistance to forgiving those who may not be willing to make things right.

KEY PRINCIPLES AND APPLICATION

The book outlines several key principles for understanding and practicing forgiveness:

- **Forgiveness is not reconciliation:** Understand that forgiving someone does not mean restoring a relationship with them, especially if they are unwilling to change or apologize. It is an act for your own healing.
- **Processing pain with God:** The importance of bringing hurt and anger to God honestly, rather than suppressing it.
- **Choosing forgiveness daily:** Forgiveness is presented as a continuous process, not a one-time event, requiring repeated choices to release pain.
- **The cost of unforgiveness:** Recognizing how holding onto resentment can keep you trapped in cycles of pain, while forgiveness leads to freedom and peace.
- **Forgiveness doesn't excuse the offense:** Clarifying that forgiveness does not validate or minimize the wrong done, but rather releases its hold on you.
- **Disempowering triggers:** Learning to manage emotional triggers by embracing the two necessary parts of forgiveness.



Image: An open copy of the book, illustrating the textual content and design.

To effectively engage with the book's teachings, readers are encouraged to reflect on their own experiences and apply the step-by-step process outlined by the author. This involves introspection and a willingness to confront past hurts to achieve emotional clarity and peace.

OFFICIAL PRODUCT VIDEO

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Video: "Forgiving What You Can't Forget Video Bible Study Trailer" by Zondervan. This video provides an overview of the book's content and its application in a Bible study context, highlighting the author's approach to forgiveness.

ABOUT THE AUTHOR



Image: Portrait of Lysa TerKeurst, the author.

Lysa TerKeurst is the president and chief visionary officer of Proverbs 31 Ministries. She is a highly acclaimed author, with several New York Times bestsellers to her name, including "I Want to Trust You, But I Don't," "Good Boundaries and Goodbyes," "Forgiving What You Can't Forget," and "It's Not Supposed to Be This Way." Lysa's writing is deeply rooted in biblical truth, offering vulnerable and witty insights drawn from her personal experiences. She resides in North Carolina with her husband, Chaz, and enjoys time with her children and grandchildren. Her work aims to help readers find redemption and healing through faith.

PRODUCT SPECIFICATIONS

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