



Questions for Self-reflection

Every sin always causes damage to the human soul and to relationships. Practicing all aspects of authentic forgiveness is the way in which God heals the soul and restores relationships. Since we all sin, and live in a world saturated by sin, we need to become experts in practicing forgiveness. *We need to develop a lifestyle of forgiveness.* However, practicing forgiveness is not natural to human beings. Instead of a lifestyle of forgiveness, we all naturally develop a lifestyle of *non-forgiveness*. If people and circumstances do not force the inadequacies of our lifestyle of non-forgiveness to the surface, we can go on for years thinking everything is okay when in fact it is not. The self-reflective questions in this document are designed to help you discover how far you've come in developing a lifestyle of forgiveness. You may print this document.

How well do I understand forgiveness?

True or False

1. Receiving God's forgiveness, forgiving others and asking others for forgiveness is the starting point for solving most every problem. _____
2. Anger disappears when forgiveness is given. _____
3. People should repent or act sorry before we forgive them. _____
4. Compulsive behaviors result from not practicing forgiveness. _____
5. A person can *appear* healthy and functional without practicing forgiveness. _____
6. Forgiving someone else is a process that takes a long time. _____
7. God forgives us because He loves us. _____
8. We should always forgive all people who sin against us. _____
9. There are times when we need to forgive God. _____
10. A person can be forgiven and not feel it. _____
11. The most common reason for divorce is the inability to forgive others. _____
12. Forgiving someone means act as if the sin did not happen. _____
13. Some sins should never be forgiven. _____
14. If it happened a long time ago it does not matter anymore. _____
15. A broken relationship can be repaired without practicing forgiveness. _____
16. Time heals all wounds. _____
17. Demons afflict people who do not practice forgiveness well. _____

- 18. Practicing forgiveness makes a person feel better. _____
- 19. Forgiveness is unjust, but it is the right thing to do. _____
- 20. Practicing forgiveness is more important than Sunday morning worship. _____
- 21. Saying, "I'm sorry" is good enough. _____
- 22. God forgives us when we ask Him to. _____
- 23. We can always restore a broken relationship through forgiveness. _____
- 24. A child loses respect for a parent who admits when he or she is wrong. _____
- 25. Practicing forgiveness will take away all my pain. _____
- 26. I only need to focus on my sins against God, not other people's sins. _____
- 27. In order to forgive someone, I must tell that person what they did to me. _____
- 28. Forgiving someone means letting that person do what they want to do. _____
- 29. Overlooking someone's sin is a good thing to do. _____
- 30. God forgets our sins when He forgives us. _____

Answers to the questions: 1-T 2-T 3-F 4-T 5-T 6-F 7-F 8-T 9-F 10-T 11-T 12-F 13-F 14-F 15-F 16-F 17-T 18-T
 19-F 20-T 21-F 22-F 23-F 24-F 25-F 26-F 27-F 28-F 29-F 30-F

Do I have a lifestyle of forgiveness?

Yes or No?

- I forgive people frequently and quickly without any difficulty. _____
- I confess my sins to God almost daily. _____
- I regularly ask other people for forgiveness. _____
- When I forgive someone, my anger goes away. _____
- I am a happier person because I practice forgiveness _____
- People notice the difference in me resulting from my practice of forgiveness. _____
- I am able to share miraculous stories about forgiveness from my own life. _____
- I frequently find myself teaching other people how to practice forgiveness. _____
- I am able to empathize with hurting people. _____
- I sincerely love my enemies in practical ways. _____
- When I watch movies, TV shows or read fiction, I cannot escape seeing
 the forgiveness issues involved in the character's lives. _____
- I regularly ask God to show me my own sins and the sins of others against
 me so that I can practice forgiveness. _____
- When I listen to the stories in other people's lives I can see where they need

practice forgiveness. _____

When someone hurts me, I can quickly tell whether or not that person

has sinned against me or if I have had inappropriate expectations. _____

I use the word “forgiveness” in my conversations with other people
several times each week. _____

Do I have symptoms of a lifestyle of non-forgiveness?

Yes or No?

I have frequent or constant feelings of anger. _____

I have frequent or constant feelings of depression. _____

I am unable to please people even though I try very hard to make them happy. _____

I let people take advantage of me. _____

I am unable to manage my eating habits. _____

I am unable to stop certain destructive behaviors in my life. _____

I believe in God, but have a hard time trusting Him. _____

I believe in God, but have a hard time feeling love for Him. _____

Fear of failure keeps me from doing some things I want to do. _____

I choose relationships with people who are abusive. _____

I do not feel love for my spouse, children or parents. _____

My relationships feel superficial and unsatisfying. _____

I find it difficult to feel God’s love for me. _____

I feel responsible for other people’s choices. _____

I use drugs, alcohol or sex to escape pain. _____

I feel I am never good enough. _____

People say that I try to control them. _____

I feel angry towards God. _____

I am afraid of God. _____

I have a difficult time telling people what I want to tell them. _____

I have a difficult time relaxing. _____

I have never told anyone about some of the things I have done in my life. _____

I have never told anyone about some of the things other people have done
to me in my life. _____