

BREAKOUT SESSION

JOSH STUMBO

HOW DO WE FORGIVE THE UNFORGIVABLE?



RENOVATION
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“Everyone thinks forgiveness is a lovely idea until he has something to forgive.”

C.S. Lewis, Mere Christianity



"I've heard it said "behind every great man is praying wife." While this is true, I would also say the words of a praying grandmother are weapons even the bravest warriors know better than to challenge. Our lives as grandkids have been far from perfect and we may not have always fit neatly on a Sunday morning flannelgraph, but the effects of our grandparent's prayer cover have been hard to ignore. I can image Frank Peretti at a loss for words trying to describe the battles that ensued when grandma dropped to her knees over one of us.



Grandma breathed her last breath a few hours after her great, great grandson breathed his first. It makes me wonder if this was our spunky grandma's last way of saying "I covered this baby in prayer coming into this world, I'm tired, and now I'm headed home. You cover him from here on out."

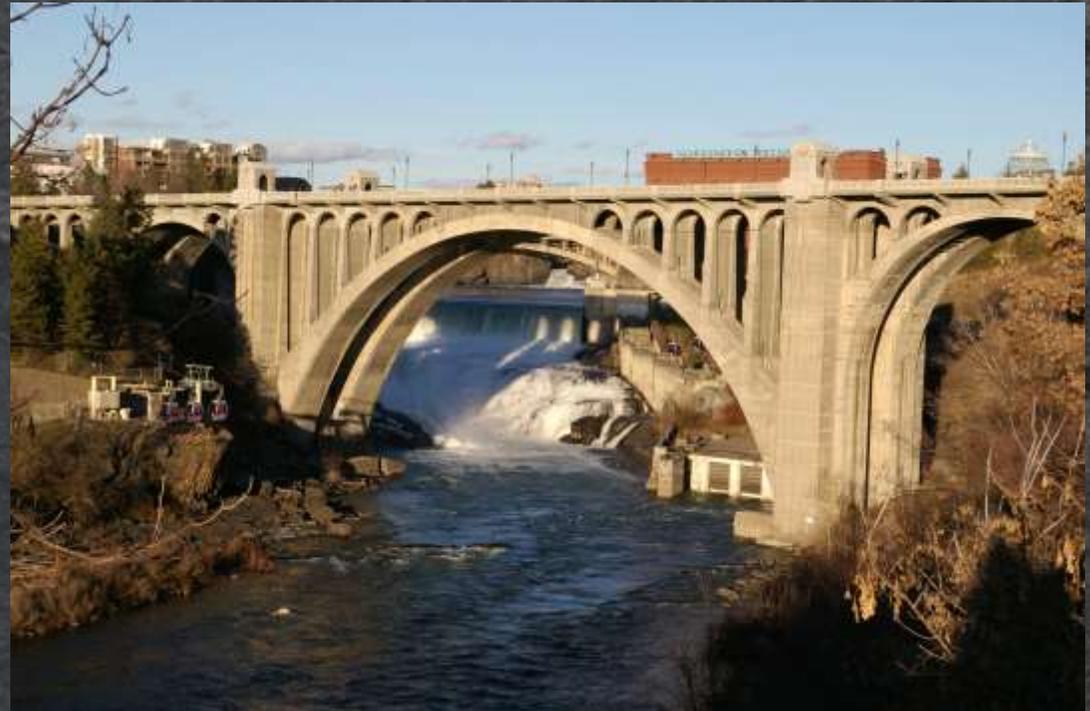




*“When the solid ground is falling out from underneath my feet
Between the black skies, and my red eyes, I can barely see
When I realize I've been sold out by my friends and my family
I can feel the rain reminding me
In the eye of the storm, You remain in control*

*In the middle of the war, You guard my soul
You alone are the anchor, when my sails are torn
Your love surrounds me in the eye of the storm”*

Ryan Stevenson – In the Eye of the Storm





Julie Stumbo is 😞 feeling heartbroken with **Josh Stumbo**. ...

★ Favorites · July 1, 2016 · Spokane · 👥

I know many of you have been following the situation with our grandson. We received some pretty crazy news this week that Dylan isn't actually his father. After having him in our lives for over 9 months this has been some hard news to take in. Late last night we had to say our goodbyes and he went back to be with his mom permanently. We don't know what the future will bring for Bently, but we are grateful for even the short time we were able to have him in our lives.

😞 👍 😲 55

57 Comments

“Everyone thinks forgiveness is a lovely idea until he has something to forgive.”

C.S. Lewis, Mere Christianity



“Unforgiveness is different from anger, grief, or the desire for justice. It is as ruinous as a plague. More destruction has been done from unforgiveness than from all the wrongdoing in the world that created the conditions for it.

In the name of unforgiveness we can do terrible things. Unforgiveness uses victimization as an excuse. We become obsessed with the wrong done to us. We are quick to say, “You don’t know how unbearable my suffering has been! You don’t know how much that person hurt me!” That’s right. No one can know. But I wonder if being right is worth it. Is it worth the misery it causes? Is it worth living in bondage to unforgiveness? Is it worth the cycle of destruction it perpetrates?” – Jerry Sittser, A Grace Disguised

Mark Merrill – Forgiveness: It's Not What You Think

- 1. Forgiveness is not a feeling*
- 2. Forgiveness is not a weakness*
- 3. Forgiveness is not pretending*
- 4. Forgiveness is not forgetting*
- 5. Forgiveness is not condoning or excusing*
- 6. Forgiveness is not reconciling*
- 7. Forgiveness is not based on the wrongdoer's actions*
- 8. Forgiveness is not justice*
- 9. Forgiveness is not about changing the other person*
- 10. Forgiveness does not mean trust.*

Forgiveness Is:

An intentional choice to lay down the right to hold resentment against those that have wronged us.

Extending unmerited favor.

Extending Grace.

HOW DO WE FORGIVE?

1. Acknowledge what was done to you was wrong

Jerry Sittser – A Grace Disguised

HOW DO WE FORGIVE?

2. Seek Understanding

“Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such a woman. So what do You say?” They said this to test Him, in order to have a basis for accusing Him. But Jesus bent down and began to write on the ground with His finger. When they continued to question Him, He straightened up and said to them, “Let him who is without sin among you be the first to cast a stone at her.” John 8:4-7



HOW DO WE FORGIVE?



HOW DO WE FORGIVE?



HOW DO WE FORGIVE?

3. Make the choice – Do I want to be healed?

“When Jesus saw him and knew he had been ill for a long time, he asked him, “Would you like to get well?” “I can’t, sir,” the sick man said, “for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me.” Jesus told him, “Stand up, pick up your mat, and walk!” John 5:6-8

HOW DO WE FORGIVE?

*4. Surround yourself
with physical therapist,
not prison guards.*



HOW DO WE FORGIVE?

5. How will you answer the question: “why did this happen to me?”

John O’Leary - On Fire



HOW DO WE FORGIVE?

6. Not a one-time choice

Comments from the Doctor's Office

A1C in the prediabetes range, HDL cholesterol a bit low, otherwise normal labs

A1C shows prediabetes, and HDL cholesterol low- will discuss at next appt

Component Results

Component	Your Value	Standard Range
Hemoglobin A1C	6.0 %	%
Hemoglobin A1C (Mean Blood Glucose): Pre-diabetes: 5.7-6.4 Diabetes: >6.4 Glycemic control for adults with diabetes: <7.0		
Est average glucose	126 mg/dL	mg/dL
Est average glucose = estimated average glucose. New term and calculation recommended by ADA for more accurate average glucose and better correlation with glucometer values.		

HOW DO WE FORGIVE?

- 1. Acknowledge what was done to you was wrong*
- 2. Seek Understanding*
- 3. Make the choice – Do I want to be healed?*
- 4. Find physical therapist, not prison guards.*
- 5. Why did this happen to me?*
- 6. Not a one-time choice*

HOW DO WE FORGIVE OURSELVES?



HOW DO WE FORGIVE OURSELVES?

Jon Acuff – Soundtracks

Ask 3 Questions:

- 1. Is it true?*
- 2. Is it helpful? Does it move me forward or backward?*
- 3. Is it kind?*

If you can't answer yes to all 3, it's time to retire that thought.

HOW DO WE FORGIVE OURSELVES?

Jon Acuff – Soundtracks

Three Rs:

- 1. Retire your broken soundtrack*
- 2. Replace them with new ones*
- 3. Repeat the so often you start to believe them.*

*“Don’t give the problem years and the solution
a week.”*

WHY DO WE FORGIVE?

It is impossible to fully love others when we are obsessed with the wrongs that have been done to us.

God is not the author of the destruction, but he wants to use our wounds and scars to bring healing to others.

WHY DO WE FORGIVE?

*What would you get
uncomfortable for?*



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God has an amazing calling for each of us here today. Do not allow your scars to paralyze you.

Push through the discomfort of forgiveness and God will begin to use you in ways you never dreamed possible.



NEXT STEPS

SurroundedLeader.com/forgive/

“Even if you’re good at finances, sometimes you need someone to take a deeper look, you get a CPA.” – Henry Cloud

1. [Genesis Institute](#)
2. [Abuse Recovery Ministry Services](#)
3. [Life Services](#)
4. [HRC Ministries](#)

RESOURCES

SurroundedLeader.com/forgive/

1. [A Grace Disguised – Jerry Sittser](#)
2. [On Fire – John O’Leary](#)
3. [Soundtracks – Jon Acuff](#)
4. [Murder, Motherhood and Miraculous Grace – Debra Moerke](#)
5. [Everybody Always – Bob Goff](#)
6. [Boundaries – Henry Cloud](#)