

Reconciliation Formula

For reconciliation to happen between two people, **forgiveness** is needed on the part of the victim/offended party. And **repentance/apology** is needed on the part of the offender. The formula for reconciliation looks like this:

[Forgiveness + Repentance] = Reconciliation

FORGIVENESS

Forgiveness is not:

- Allowing the offender to hurt again
- Reconciling the relationship
- Excusing wrongdoing or freeing the offender
- Forgetting and ignoring the pain and devastation
- Always one and done

Forgiveness is:

- Allowing God to deal with the offender Himself
- Releasing ourselves from the bondage of the past
- An act of the will and eventually an act from the heart
- Canceling the debts someone owed you
- Something to practice often

THE 5 PARTS OF AN APOLOGY

Expressing Regret = "I am sorry"

Accepting Responsibility = "I was wrong"

Making Restitution = "What can I do to make it right?"

Genuinely Repenting = "I will try not to do it again"

Requesting Forgiveness = "Will you please forgive me?"

FAQs

1. What if the offender can't or won't apologize?
2. What if the offender has moved away or even passed away?
3. What if I am not sorry?
4. Is forgiveness or reconciliation the same as trust? Does forgiving require me to trust that person again?
5. What do I do if I have apologized and the other won't forgive me?
6. I think I have forgiven, but I am still plagued with bad memories and triggers of the offense. How do I get that to stop?

If any of these questions resonate with you, here are some possible next steps for you below. We encourage you to find someone to walk with you through reconciliation. The body of Christ is to bear burdens together, and there are members who are ready to help you as much, or as little as you need. Sometimes it feels like we need open-heart surgery and we are intimidated, yet often some spiritual first aid from skilled help makes all the difference to get us on more steady relational ground.

Next Steps

1. **Talk to a Care Team Member** - On a Sunday, look for our Care Team volunteers wearing red lanyards. They are trained and ready to talk and pray with you.
2. **Freedom Prayer Session** - Schedule a freedom prayer session with our skilled intercessors. You can do this by calling the Crossroads Counseling Center at 812-518-1490.
3. **Counseling** - Set up a counseling session with one of our counselors at the Crossroads Counseling Center by calling 812-518-1490.
4. **Read** - Some book titles to help with interpersonal dynamics and the topics of forgiveness and apology include:
 - *Freedom Tools* by Andy Reese
 - *The 5 Language of Apology* by Gary Chapman & Jennifer Thomas
 - *Boundaries* by Henry Cloud
 - *When to Walk Away* by Gary Thomas

