

When It's Hard To Forgive...

Why does it seem so hard to forgive the person we love most? Without forgiveness, relationships become cold, distant and lifeless. Forgiveness makes a relationship flourish.

Steps to Forgiveness

1) Identify the real enemy

Although your spouse might've wronged you, they're not your enemy. People hurt each other even when they don't want to. Often times it's unintentional. But even when it isn't, choose to believe that you and your spouse are on the same side; you're not adversaries.

2) Realize that forgiveness is a struggle

Forgiving someone isn't always a warm and fuzzy moment. It's painful, and humbling. Forgiveness isn't about gritting your teeth and paying lip service to your partner by saying things like "we all make mistakes." It's intentionally choosing not to punish your spouse for the offense or getting back at them. It's about seeking grace and healing for the pain and bitterness you feel.

3) Make a choice to forgive

Forgiveness is a choice. So don't wait until you feel like forgiving them. Deciding to forgive your partner will soften the stronghold of anger and bitterness in your heart.

4) Ask for God's healing

As a person of faith, allow God's grace to heal your broken heart. Ask him to heal you emotionally and spiritually. Resist the urge to bring up these transgressions in the future, too. For a healthy relationship, forgive and let go.

5) Forgive and forgive again

How many times should you forgive your partner? Well, how many times do you want them to forgive you? According to Jesus, we should forgive our spouse again and again and again.

Forgiveness is essential for having a healthy and happy marriage that endures. Forgiveness keeps you from walking away from your partner when they need you the most.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!