

- ↪ Last time we began to look at steps to dissolving anger and walking in forgiveness with those who have hurt us. We are going to get one more step added today, but before we do that we are going to add to our understanding of unforgiveness. Unforgiveness, we have seen is like a boat dragging anchor unable to sail on, or like a chained dog that can only go as far as the chain. Unforgiveness is ruminating, chewing the cud; a cow has to stop (they don't do this while walking), throw up something from the past, chew on it some more. Just the procedure alone should be enough to tell us that this isn't a good thing!! Bitterness and unforgiveness does the same thing, it stops us, we throw up nasty stuff from the past and chew on it.
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**Forgiveness, Colossians 3:12, clothed in forgiveness.** We looked at three steps thus far to dissolving anger, admit the sin, define the offense, grieve the loss.

- ✓ Now step 4, trying to understand your offender, walking a mile in their shoes principle. This can bring a change in our attitude and thus my change of reaction; this is what is called a Paradigm shift. The purpose of this step to see if maybe understanding what our offender has gone through will help us change in some way how mad we are at them.
- ✓ Again, we are not looking for a way to excuse their sin, but we are looking for a way, possibly, to see, if we were in their situation, that we wouldn't have been much different. Searching to understand where they are coming from, what they've been through; could they have acted out of their own hurt? Sometimes people aren't purposefully setting out to harm us, they just don't know how else to handle life.
- ✓ Part of our being offended and getting angry process is that we **assign motive** to what someone does to us. We assign motive to someone and set ourselves up as a judge, which is strictly forbidden in Scripture, Proverbs 16:2, 1st Corinthians 4:4-5, Matthew 7:1. "They did this to me because: (fill in the blank)?" Do you really know? Try to get into their shoes.

**Consider, in God's forgiving of you. Did He get into our shoes and walk a mile or two?, Hebrews 4:15.**

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