**Chapter 8**

**Redeeming the Roots of Shame**

Understanding Forgiveness Part 2



The gift of grace is the byproduct of receiving God’s forgiveness. Only then are we able to become carriers of grace and extend the gift of forgiveness to others essential to the healing process. Sadly many people get stuck in this process because they are unable or unwilling to forgive. This is often due to a misunderstanding of what it means to forgive others. This section of Chapter 8 seeks to dismantle the often false beliefs people have about forgiveness and identifies what forgiveness is not, what it is, and explains that forgiving others is a process that cannot be minimized by thinking we can offer it flippantly without facing the truth, processing the pain, identifying the lies, confronting the offense and the effects on our life. So that we can finally get to a place where we can release those who have hurt us and truly forgive from the heart just as Christ forgave us.

Group participants will be able to connect with the pain of how other people’s sins, poor choices, and hurtful behaviors have affected them emotionally. The exercises in the chapter serve to further help participants process any hidden bitterness and resentments that they may be harboring that are hindering their ability to forgive. Group participants will also focus on taking responsibility for their own sinful responses to how others have hurt them. Owning our part enables us to ask for forgiveness so that we can be free.

This chapter has the potential to be life-changing because grace breaks the power of shame. Grace forgives. That’s how shame is removed. It unlocks the prison of unforgiveness and sets captives free. This is what true healing is all about.

**Group Discussion:**

A good area of discussion is the section on ‘What Forgiveness is Not’ on page 175. This is where people get stuck. You can then contrast that with ‘What Forgiveness Is’ on page 176. You can also have a discussion on the difference between Forgiveness, Reconciliation, and Restoration on page 178.

**Self-Study:**

You can focus on the suggest discussion points for the group discussion. There are also some helpful exercises on the website.

**Spiritual Growth:**

Titus

Daily Psalm & Proverb Reading

Meditate on Ephesians 4:32, Hebrews 12:15, 1 Peter 3:9, Romans 12:17-18