



FORGIVEN TO FORGIVE SERIES

EMOTIONAL FORGIVENESS – MODULE 6 STUDENT HANDOUT

A: Offering the Altruistic Gift of Forgiveness

Session Aim

To understand forgiveness as a grace-gift (not a reward for the offender), and to learn how to offer that gift from the mercy we ourselves have received from God in Christ.

Key Scriptures (KJV)

(Colossians 3:13)

“Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”

(Romans 5:8)

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.”

(Matthew 18:32–33)

“O thou wicked servant, I forgave thee all that debt, because thou desiredst me: Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee?”

(Luke 6:36)

“Be ye therefore merciful, as your Father also is merciful.”

(Romans 5:5)

“...the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.”

1. What Does “Altruistic Gift” Mean?

In the REACH process, A stands for “Altruistic gift.”

“Altruistic” means:

- Doing something good for another person
- Without requiring them to earn it
- Even when it costs you something

So, in forgiveness:

- You are not paying someone back



- You are not waiting for them to deserve it
- You are giving forgiveness as a gift

Simple definition:

- “Forgiveness is a gift I give, not because they deserve it, but because I have received mercy from God.”

Group questions:

1. When you hear “forgiveness as a gift,” what feels difficult about that idea?
2. How is a gift different from a reward?

2. The Foundation: God’s Forgiveness of You

The entire step rests on one truth:

You forgive because you have been forgiven.

(Romans 5:8)

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.”

Notice:

- God did not wait for you to become perfect
- He loved and acted while you were still a sinner

From a Oneness perspective:

- The same God who was offended by sin came in flesh and bore our sin at Calvary
- He did not repay us according to our sins; He extended mercy

(2 Corinthians 5:19)

“To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them...”

This means:

- You are not being asked to do something God has not done
- You are being invited to participate in His way of dealing with sin

Group questions:



1. How does remembering your own forgiveness change the way you view your offender?
2. Why is it important that God forgave you “while you were yet a sinner”?

3. The Parable of the Unforgiving Servant

(Matthew 18:32–33)

“O thou wicked servant, I forgave thee all that debt...
Shouldst not thou also have had compassion on thy fellowservant...?”

The lesson:

- The servant received massive forgiveness
- But refused to forgive a much smaller debt

Application:

- When we refuse to forgive, we forget the magnitude of what God has forgiven us
- The problem is not just the other person’s sin; it is our failure to live out received mercy

Important correction:

- This is not minimizing your hurt
- It is magnifying God’s mercy

Group questions:

1. What stands out to you about the servant’s response in this parable?
2. How can remembering God’s mercy soften your heart without denying your pain?

4. Forgiveness as Costly Grace

Forgiveness always costs something.

When you forgive:

- You absorb the emotional cost of the offence
- You release your demand for repayment
- You let go of your right to make them suffer

This mirrors the cross:

- Sin was not ignored
- It was paid for—by God Himself in Christ

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So forgiveness is not:

- Cheap
- Easy
- Instant relief

It is:

- Costly grace flowing through you

(Luke 6:36)

“Be ye therefore merciful, as your Father also is merciful.”

Group questions:

1. What “cost” do you feel when you think about forgiving this person?
2. How does the cross help you understand that cost differently?

5. The Role of the Holy Ghost

You cannot produce this kind of forgiveness by willpower alone.

(Romans 5:5)

“...the love of God is shed abroad in our hearts by the Holy Ghost...”

This means:

- God does not just command forgiveness
- He supplies the love needed to do it

Practically:

- You may not feel ready
- But you can ask the Spirit to supply what you lack

Simple prayer:

- “Lord, I do not have this kind of love in myself. Please pour Your love into my heart so I can give this gift.”

Group questions:

1. Where do you feel most inadequate when it comes to forgiving?

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2. How does knowing the Holy Ghost supplies love change your approach?

6. How to Offer the Gift (Practical Step)

This step is not just thinking—it involves a clear, intentional act.

You can do this privately before God.

Step 1: Name the offence

“Lord, You know what _____ did.”

Step 2: Acknowledge the hurt

“It hurt me deeply.”

Step 3: Remember God’s mercy to you

“You forgave me when I did not deserve it.”

Step 4: Offer the gift

“Because of Your mercy, I choose to forgive _____.”

Step 5: Release the debt

“I release my right to make them pay for this.”

Step 6: Ask for help

“Help my heart to follow this decision.”

You may want to write this out:

7. What This Step Does NOT Require

To avoid confusion:

Offering forgiveness does NOT require:

- That the offender apologises
- That reconciliation happens immediately
- That trust is restored right away
- That you feel fully healed instantly



It DOES require:

- A decision to give up revenge
- A willingness to let God be the Judge
- A movement of the heart toward mercy

(Romans 12:19)

“Vengeance is mine; I will repay, saith the Lord.”

Group questions:

1. Which false expectation about forgiveness do you struggle with most?
2. How does separating forgiveness from reconciliation help you move forward?

8. Common Struggles in This Step

You may think:

- “They don’t deserve forgiveness.”
- “This feels unfair.”
- “If I forgive, they win.”

These are real struggles.

Truths to remember:

- Forgiveness is not about what they deserve; it is about what you have received
- Forgiveness frees your heart; it does not reward their sin
- God still deals with justice

You are not saying:

- “It was okay”
You are saying:
- “I will not be the one to repay this.”

Group questions:

1. Which of these struggles do you feel most strongly?
2. What truth from this module speaks directly to that struggle?

9. Personal Reflection With God



Take a few quiet minutes.

1. “Lord, this is the person I am struggling to forgive:”

2. “What makes it hard to offer forgiveness as a gift is:”

3. “Lord, help me remember how You forgave me.”
4. Write your forgiveness statement:

“Because of Your mercy, Lord, I choose to forgive _____ for _____.
I release my right to make them pay. Help my heart to follow this decision.”

10. Memory Verse and Practice for the Week

Memory verse:

(Colossians 3:13)

“...forgiving one another... even as Christ forgave you, so also do ye.”

Suggested practice:

- Once this week, take 10–15 minutes and:
 1. Reflect on how God has forgiven you personally
 2. Bring one offender before Him
 3. Verbally or in writing offer forgiveness as a gift
 4. Ask the Holy Ghost to begin aligning your emotions with your decision

Optional:

- Share with a trusted believer:

“I have taken a step to forgive someone before God. Please pray that my heart continues to follow.”



This module moves you from understanding forgiveness to actively giving it. It is the turning point where received mercy becomes extended mercy, preparing you for the next steps of commitment and perseverance in forgiveness.