



Revitalizing
Relationships:
FORGIVENESS

The Cookie Confrontation: The Way Down

- **Trespass** – “That hurt!”
- **Resentment** – “Pay me back!”
- **Self-Blame** – “I should have...”
- **Blaming God** – “Why didn’t you...”
- **Judgement** – “You are...” / “I am...”
- **Vows** – “I will never...”
- **Infection** – “You know what they did?”

The Cookie Confrontation: The Way Back

- Letting Go
 - Forgiving myself
 - “Forgiving” God
- Renouncing Judgements
- Renouncing Vows
- Being Healed
- Repenting of taking on offense
- Saying “No”