

Ep_88_Forgiveness_2_of_2

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SPEAKERS

Speaker 3, Speaker 1, Speaker 2

S Speaker 1 06:58:46
Music. Hi. I'm Pam Blizzard from recovered peace, and I'm Michelle Burke with hope redefine, and

S Speaker 2 06:58:52
I'm Bonnie burns of strong wives. We're so glad you're joining us. Welcome back to another episode of hope for wives. Today. We are continuing our discussion around forgiveness, and we're going to join that conversation where we left off last week.

S Speaker 3 06:59:13
I would like to ask you two a question, because I don't know how to respond to this. You know, what do you what could a betrayed wife say to anybody, whether it's her partner or a pastor or somebody else who's saying, Well, if you want to be forgiven, then you have to forgive, because if you don't forgive, then you will not be forgiven your sins. And there's some scripture that's usually, yeah, weaponized.

S Speaker 2 06:59:45
So is that? Is that's weaponized against her within the marriage, or just in general, if you don't forgive your husband, oh, God's not going to forgive you. Yeah, your marriage for your stuff.

S Speaker 3 06:59:55
Oh yeah, so in part of marriage counseling, marriage advice, scripture, spiritual advice, even

On yeah, as in part of marriage counseling, marriage advice, scripture, spiritual advice, you know,

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Speaker 2 07:00:04

yeah, and it would go back to repentance. That's where I would take it. I would go back to those scriptures that said, Yes, you can forgive and pardon him. But even Jesus had when, when Peter denied Jesus, those three times, Jesus asked some things of him before he was reinstated. You know, Jesus didn't just say, Okay, let's just bring you back in so you can keep doing your good work. You know, Jesus asked him some questions. They weren't that difficult. You know, do you love me?

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Speaker 3 07:00:40

Well, even on the cross, He said, Father, forgive them, for they know not what they do. He didn't say, I forgive you. But the one next to him on the cross who repented, he said to him, you will be in Paradise with Me today. But he didn't say that to his accusers and his murderers, he said Father, He prayed that they be forgiven. What

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Speaker 2 07:01:10

comes up for me then is that there's no time frame given in the Bible, is there? Yeah, that it has to be quick forgiveness. Here's

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Speaker 1 07:01:20

an argument. This is, this is actually from the book I've used for a long time in group by Vicky TD, called when your husband's addicted to pornography. And she specifically calls out that scripture from First John one nine, If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from our unrighteousness. And so then she goes on to say, listen carefully if God forgives the sins of those who refuse to confess and repent, he nullifies the power of the cross. He receives Christ's sacrifice of death and forgiveness does not happen without confession and repentance. So we are to imitate Christ from first, First Corinthians, 11, one, which means we are to forgive as he forgives, He extends grace and mercy, forgiving those who repent. Mm, hmm, so and so must we and so must we bear with one another, and if one has a complaint against another, forgive each other as the Lord has forgiven you. But it goes on to say she has a quote in here from Ardell cane day, okay, therefore, if we grant forgiveness, even though the person who sinned against us remains unrepentant, we reveal little sense of the magnitude or gravity of sins. Offense to God. We trample underfoot the dignity of the cross, and we cheapen the grace of God revealed in Christ, we proclaim the Finnish fiction that divine and human forgiveness is unconditional. We show little understanding of the correlation of human and divine forgiveness, and we actually impede the sinners repentance and remission of sin, because we eliminate an incentive of guilt the gospel inflicts upon the unrepentant. Mm, hmm. So to answer your question, Pam, I know I'm kind of getting off on a little bit of this, but yes, that word is true that if we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. My question would be, is,

is this husband of mine doing his own personal work to seek forgiveness from God. Mm, hmm, and that was one of the lessons that the Lord really convicted me on. It a certain, certain point in our story where I was so quick to forgive. I mentioned that before because I wanted to eliminate my own pain so I was still trying to control. Don't hear that little undertone there, but I don't want to feel anything. I don't want to feel this pain, so I'll be quick to forgive. What I failed to recognize was that my husband actually there was two things. One, I believe in the 20 years he's asked me to forgive him one time, those words leaving his lips one time and two, I think I'm pretty positive that me being able to state so quickly, I forgive you. He never went to his maker. There was never a repentance or a heart behind that to go do that. Now I'm not saying that I hold all the power, but I do think that when you are walking alongside another person who is repentant and they're asking for forgiveness, a part of what we get to do is the work between between us and the Lord to be prepared to extend forgiveness when it's asked of us. So when you're an individual walking into a spiritual or whatever, like you were the now, the example you gave, Pam, my, my go to answer is, thank you for your concern. I'm working on that.



07:05:01

Yeah, yeah, perfect, good. Thank

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Speaker 1 07:05:04

you for your I don't I know I maybe sound a little snarky with it, but thank you for your concern. I'm working on that. Yeah, I'm working on forgiveness. I'm working on understanding my reality. I'm working on all the things. So thank you for your concern, working.

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Speaker 3 07:05:20

I'm toiling through that. I am toiling through that. Yeah, that's a good one. Okay, thank you. That's helpful, because the verse that is usually weaponized out of context of the entire Word of God is Matthew six, a person who doesn't forgive, you know For if you forgive other people, when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your father will not forgive your sins. But I think you added beautiful context here that there are some conditions that Jesus modeled and is given to us in the Word that it's a bigger conversation than just one verse being pulled out of cherry picked out of context. So thank you for that. Yeah,

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Speaker 1 07:06:20

I'm going to give you another story. I know I'm full of these today, but we do spend a lot of time talking about this, but a story that comes to mind for me about like, modeling forgiveness in such an interesting way, is the story of the prodigal son. And honestly, most of the time when we read that story, we either tend to talk about the brother or the the Prodigal Son himself, and like the choices they're making. And those are all really important, and I'm so appreciative of this story that Jesus has given us in the Word. However, I started to slow down one time reading that story, and kept looking at the father, because the father, like, if, if he's a human,

right? And he is. He's legitimately a human there's no doubt that there was some level of sadness and disappointment that his son had wandered off and was making these choices. So then we have to come to the understanding that he had to do some sort of individual work in order to fully receive his son when he returned. And here's the interesting thing about that story, the father never once went to the pig sties and the prostitutions and all that space to go tell him that he had forgiven him. He never ran after him to go make sure that his son knew he waited and then he was fully ready to extend that forgiveness and accept his son back when he came back. And I know that that's not always our story. I know it doesn't always look that way where they go away and you're just waiting for the return, and especially in marriage, because a lot of times we're still occupying this space. But spiritually, they've disconnected. Spiritually, they've walked away, and they're not showing up the way that you've always hoped that they would, but that father had to do something between him and his maker, right? And I believe that that was him modeling that forgiveness, but he had to do that work for himself. And I, I feel like that's what we're called to do, is to do that work ourselves. So when the time comes, if and when the time comes for our betrayer, to say, please forgive me, or I have wronged you. I have done this and I have it is better for me to be a slave, right and work for my father, and I don't know that that's the. Which that will specifically be used by a husband, but I think you get my gist of, like, how that's going to look and potentially in a relationship, then we have an opportunity. We get to forgive, but we've got to do our own work to prepare our hearts for that, and that's not something another person gets to decide for us,



07:09:01

right, right? Pam,

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Speaker 2 07:09:03

you've kind of alluded to this, that you don't feel the forgiveness. So let's, let's unpack that a bit. What are your thoughts about intellectual forgiveness versus embodied forgiveness? And I'll just define that intellectual forgiveness is more of a mental exercise, and embodied forgiveness is where you really feel it.

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Speaker 3 07:09:27

I wanted to forgive you. Talked about that before. I so wanted to forgive because in my mind, it was going to be a release of pressure, a release of that blanket. I felt like I was covered with a blanket, the dark clouds. I'm like, I wish I could let this go. I wish I could release it. But when I thought in my mind about, I'm thinking through, what does it look like after I forgive what am I going to feel like? What's life going to be like? I couldn't I didn't like what I saw. I didn't feel in my body and my bones and my nervous system. I just, I couldn't get comfortable with the thought of, okay, I'm a person who forgave. I just, I couldn't I just couldn't get comfortable with it. I don't know if that's what you're talking about. Is that what you're talking about?

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Speaker 2 07:10:33

For me, it was helpful to understand that it was an intellectual exercise before it became an embodied experience. And I had to and it was my choice. Doesn't mean it was a quick choice. I

embodied experience. And I had to and it was my choice. Doesn't mean it was a quick choice. I chose to forgive, and when I started to choose to forgive, each day, I forgave a different amount. So some days I could only forgive 5% other days, maybe it was 98% and what I found was as that intellectual exercise where I knew I had a choice of how much to forgive. When it started to become a higher percent is when I started feeling it higher persistent basis. That's when I started to feel it more in my body. It was my body making peace with it, I think so that's kind of what I meant by intellectual versus embodied. Or at least that's how it worked for me.

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Speaker 3 07:11:41

I know that once I did move past that hurdle. Part of me said I am in control of my own healing, because for me, it was if I forgive it means I don't need you to do something in order for me to move forward. I wanted to move forward with my own healing, and a part of me had to say, I'm in charge of this, not somebody else. I am in charge of my own healing. I don't need all of these people, my husband and other people in my husband's betrayal. There were other people involved close to me too. I don't need them to acknowledge it. They're not in charge. They don't get to say whether I heal and move forward or not, and once I took that power and stepped into it, that was my way of forgiving, I could then see them as human beings who are sinful, right? I didn't have an expectation that they were perfectly healed moral individuals. I've dropped the expectation that they owed me anything and that they should be a certain thing or a certain way. And I did feel it in my body. I did feel okay, this, forget, this, forgiveness is really true for me, I felt that sense of authenticity. I don't know if it was in my brain and in my body, but I felt I could stand in that reality,

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Speaker 1 07:13:19

knowing myself. I am a feeler. It's just how God has made me. And while I have been given, you know, multiple warnings and caution around trusting my feelings and I understand that, that they can be misleading at times and not accurate, i. There. That is how part of that is how I experience the Holy Spirit and His leading is emotion is within my in my Knower. I don't have another name for it. So that embodied forgiveness feels like it's coming from the same space as my Holy Spirit like and with that becomes connected with the intellectual right? So I'd say all the time, like, oh my gosh, I have these weird thoughts. I know they're not mine. I don't know what that was like. So there is this impact or this coupling, I think that comes with it. I think, though, that what I was longing for and still longing for, right? We're always on a journey of forgiveness. I'm still I still have people in my life I need to forgive, and I'm working through that. The embodied forgiveness, I think, directly connects to peace. For me, the intellectual didn't extend as much peace. It felt more like a box checked, yeah, and I know that that's my own personal experience and my own personal relationship with the Lord, but that is kind of how I if the question is, how do I know that I've embodied forgiveness? That's probably it is. It's that piece that surpasses understanding. I think Pam used the word acceptance earlier. I

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Speaker 3 07:15:04

was also too quick of a forgiver, and in the beginning, because I, I don't know, I thought it was a fix. I thought it was going to help make everybody feel better, do better. But I definitely noticed a difference when I went to authentic forgiveness, and what it felt like in my entire being when I was too quick to forgive, the first time, it was surrounded by doubt in myself, in my own

healing. And I guess I didn't even realize it at the time, because at that time, I connected, I'm not going to be better unless my husband gets better. And that was that's a myth, that's a complete myth. In those moments, I was still seeing that as as vital to my own recovery, and I had to come to a place where I need to be better no matter what happens with other people. I will not let this defeat me, and whatever happens with my husband is what happens with my husband. I may not like it, but I'll deal with it then, and I'll get help. I'll reach outside and get help and support. But as for me and my house, I will serve the Lord and I I will do what I can do and walk out what I need to walk out as an individual. And it felt different. It did feel different. It felt better. It felt it felt real, and there was no doubt around it, because it was something I did for me.

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Speaker 2 07:16:46

Alright. Well, let's move on. If you guys have anything else around that

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Speaker 3 07:16:52

God wants us to forgive but does not want us to be a Christian doormat.

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Speaker 1 07:17:01

I think I'll add this, and it may or may not fit right here, but part of the motivation, and I think the thing that we get really tangled up with, whether it is somebody saying it to us from the outside, or it is us saying it to ourselves, is, if you we are fixers, we are doers, right? We are very competent women. We are very accomplished. And whatever put this, put in front of us, right? That's the one thing I know about betrayed women. We are amazing. We're rock stars. Like, we're not doormats, we're not weak women. Like, it's so funny to to think about that being some form of stereotype for us. But we are very strong, and so if you tell me that me extending forgiveness is going to prevent it's going to keep us from being stuck here and what I would refer to as total hell in my marriage. And so if you tell me that that's the key, that's the antidote, I'm going to try and do it. But then I think where we get so tangled is in the aftermath of the emotion, still being there, the pain, the impact, and then this fear of because now that I have these emotions, I can do it right. And I just, I want to encourage women that I don't, I don't know. I mean, they're going to have to take that back to their to their prayer life of is the Lord commanding it right now, which, you know, I've still, I've still discovered him to be a god of invitation. He wants to invite you into that, but he also knows that you have a lot of apprehension about saying yes to that invitation. Uh, so sit there for a bit like, give yourself permission to be like I want to, but I don't know how or I want to, but it feels scary. I don't want to, because it's been used against me in the past, whatever that is, and taking that that's going to get you places far faster and far deeper and far more worthy than trying to take on the Optus and the do's and the shoulds from others or even from what you're putting on yourself.

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Speaker 2 07:19:15

Yeah. Amen. So with that good word, what hope can we leave our listeners?

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Speaker 3 07:19:22

You're in charge of your own forgiveness. Whether you do or you don't, it's your gift to yourself. It's your process, your journey. You don't have to listen to or defend to other people, your partner, church people, anyone. It's between you and your heart and your soul and God and the Holy Spirit, and no one else. It's a holy, sacred process. It's a grueling process. When you can get there, when you do, you will, someday you will, and that is yours to own, and nobody else. And you don't have to answer to anybody else for whether or not you forgive. It's okay if you're not in a place of forgiveness right now, that's okay

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Speaker 1 07:20:20

when you ask the question. Bonnie, I heard the song lyrics, strength will rise as we wait upon the Lord. I'm going to sing it for you. No, I'm kidding. I will not, I will not do that. But strength will rise as I wait upon the Lord, as we wait upon the Lord, right? And, and I thought that's really odd, but the clarity I think around that is, if you don't feel like you have this strength to forgive right now, wait upon the Lord. This forgiveness stuff is important to him too, but he also knows the timeline, and you're not late, you're not behind, you're not underperforming. If you are waiting upon the Lord, you're right where you need to be, because he knows how to make the pace of what your healing journey looks like. So if you will find some hope in that, some strength from that, that your strength will rise as you wait upon the Lord to lead you,

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Speaker 2 07:21:23

while we know sustainable give forgiveness is the goal, as the other two have said it, it's not something that's demanded right now. So you get you get choice, you get time as you wait on the Lord. Well. Listeners, thank you for joining us today. Please be sure to check out our individual websites for the different modes of support we each offer. So Lachelle is found@hopereddefine.org Pam is found@recoveredpeace.com and Bonnie me is found@strongwives.com and also, if you feel our content could help others, please leave a five star rating or a written review on Apple Music. This will help others find us. We appreciate you so much, and we'll talk with you again soon. Bye. Bye.