

power *continued from page 3*

against me and to confess my own sin against him. If I wanted to be freed from the effects of his sin against me, first I had to thoroughly deal with both his offense and my resulting sin before God alone. Then I would be clean, whole, and healed to stand forgiven before God. As a result, my wholeness would not depend on this man's response when I expressed to him his offense against me. Beyond this, if we were to have an ongoing relationship, I would need to articulate my sin against him as well as his offense against me, for his sake.

Following these guidelines, I thoroughly processed the hurt that resulted from the leader's sin against me and the many people under my (our) care. For each offense, I sincerely forgave him. Then I confessed my sin. In the privacy of our relationship, God cleared away the mess and confusion and lifted the weight of my frustration, anger and hurt. Leaving it all with God, I walked away with a forgiven and forgiving heart.

I'd written several pages detailing the process I'd just been through. I asked my wife and several trusted friends to read them, looking for any lingering sin or anger.

Then it was time to meet with the man himself. Because I experienced him as an unsafe person, I asked two other leaders to join us. He agreed to my request to read my thoughts from the paper I'd written. Knowing myself, I figured this would come across much more clearly than trying to randomly talk things through. Giving each man a copy, I explained that I'd gone through an extended time of reflection and heart examination that might put him at a disadvantage. If he wanted, he could delay his response to me. Then, as I read the pages aloud, I expressed all of my heart like never before.

When I finished, there was an awkward period of silence. Then he said, "Well, I disagree with many of your thoughts. But I forgive you." And that was all.

My wife, of course, wanted to hear all about our meeting. When I told her the story, she exclaimed, "Do you mean to tell me he didn't even acknowledge your pain?" I thought about it, smiled, and said, "No, he didn't." She was appalled. "Do you mean to tell me he didn't ask for your forgiveness?" I said, "No, he didn't."

But I had this lingering, crazy grin on my face. Something very unusual was going on. Something extremely different had happened to me. I was experiencing complete freedom from the effect of his sin against me. Truly, genuinely, deeply, I had been released from my unforgiveness and my own sin against this man. I was absolutely elated. I was laughing! This Biblical process had really worked. I was free, and the leader's good or bad response had little to no effect on my well-being. Wow!

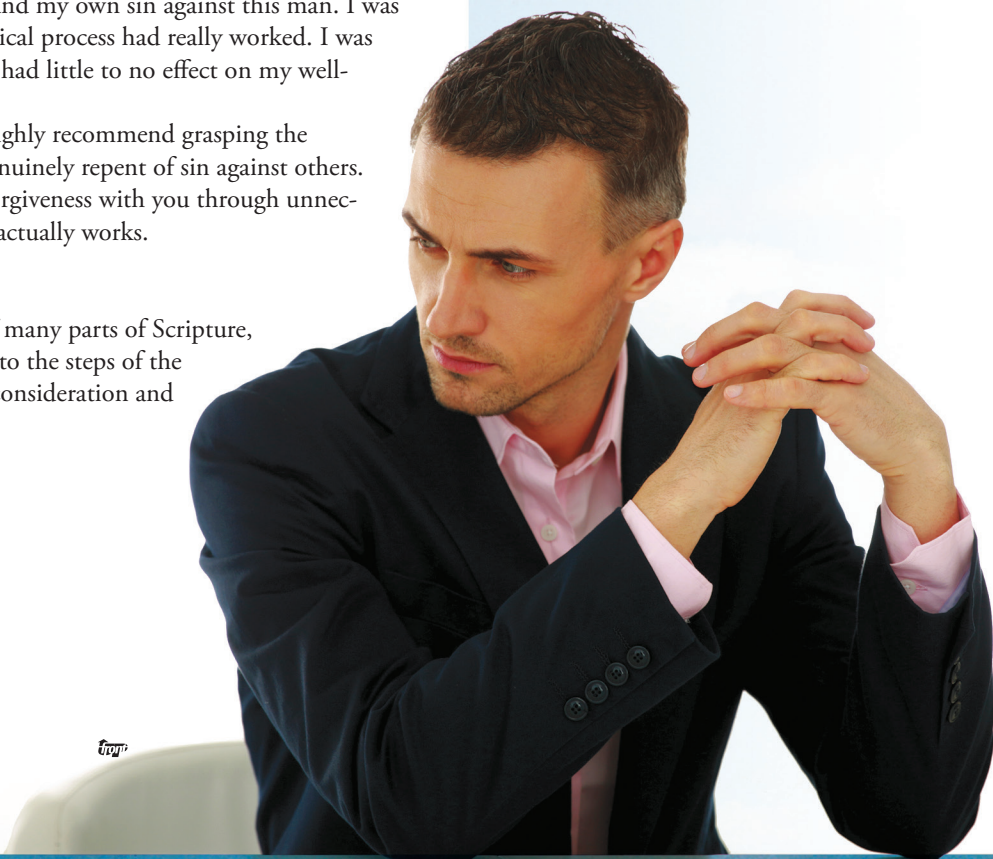
From this, you can understand why I highly recommend grasping the imperative need to forgive others and to genuinely repent of sin against others. Please don't drag the effects of sin and unforgiveness with you through unnecessary days. Be free! The truth of the Bible actually works.

Forgiveness Verses

Because this process is a culmination of many parts of Scripture, I haven't attempted to apply specific verses to the steps of the process. But here are some verses for your consideration and contemplation:

- ⊕ 2 Corinthians 2:10-11
- ⊕ Matthew 6:12-15
- ⊕ Hebrews 12:14-15
- ⊕ Mark 11:25-26
- ⊕ Ephesians 4:29-32
- ⊕ Colossians 2:13-14
- ⊕ 1 John 1:6-10
- ⊕ Acts 3:19
- ⊕ 2 Corinthians 5:17
- ⊕ Ephesians 1:7

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real talk about real stuff . . . upfront



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*I choose to
release this hurt
and anger.*



forgiving across generational discipleship

by Terri Legg and Cynthia Hagen, People Resources Team;
and Deborah Proctor, Collegiate Navs

We in PRT teach the concept of "Discipleship from the Inside Out." We highly value traditional discipleship of the basics and see it as critical. As well, we believe there are biblical principles that need to penetrate to the deepest part of our soul. Understanding and applying forgiveness is one of these. Seeing all facets of discipleship multiply from the inside out to each generation is needful, beautiful, and amazing. Follow the gospel of forgiveness through this line of relationship. I think you will be inspired.

Terri Legg

As a young believer, I heard a message on the importance of forgiving those who hurt you. God impressed on me that He wanted me to forgive an uncle who had abused me at age six.

My first thought was, "Yeah, right. You want me to forgive? He doesn't deserve it!" The last thing I'd ever expected was to have to forgive *that* person. God so very kindly replied, "Terri, remember, you didn't deserve My forgiveness either." So, as an act of obedience, I forgave him.

About 20 years later, God brought this topic up again. This time, God spoke to me about forgiving not only my uncle's actions, but also the effects those actions had on my life. My marriage, parenting, friendships, and other areas had been impacted by his abuse. I made a list of all the negative effects and consequences. One by one, I went through them. Before the Lord, I forgave him for each of the effects his actions had on me.

Both times of forgiveness brought healing to me, even though I never got a chance to speak to my uncle about it, since he had already died. It was all about my freedom and fellowship with God. The message of forgiveness, both actions and effects, is a life message for me. I'm convinced and grieved that the enemy continues to hold believers in bondage through unforgiveness. Today, this life lesson is a significant part of my ministry to others.

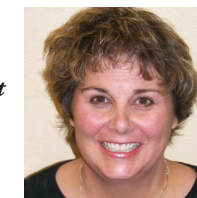
Cynthia Hagen

When I came to intern with the People Resources Team, I began an unofficial discipling relationship with Terri Legg. As we met and prayed regularly, Terri did what comes naturally to disciplers. She passed on the convictions and lessons God had taught her.

Soon she began encouraging me to extend forgiveness to a certain person. While I wanted to, something strong held me back. Week after week, we visited



Terri Legg



Cynthia Hagen



Deborah Proctor

are you willing?

by Brad Hillman
People Resources Team Director

“Forgiveness comes down to a willingness to be hurt twice.”

If the speaker was hoping for an attention-getter, hers had just worked on me. She went on to explain, “The person who is faced with forgiveness



has already been hurt once. In offering forgiveness, they're being asked to assume that hurt again.”

At first glance, this struck me as counter-intuitive. Our default mode is to avoid hurt, not double up on it. But I kept listening as she said, “The idea of hurting once, much less twice, seems unjust—until you realize you're only being asked to follow a sovereign model.”

God created a perfect world. Then He suffered the pain of Adam and Eve's sin and the sins of all mankind for all time. That seems unjust. But rather than make us pay, God sent Jesus to die for our sins and give us life. In other words, He chose to “hurt twice” at levels we'll never fully understand. Now God gives us that same opportunity to “hurt twice,” opening a way for us to enter into the mysterious wonder of His character and offer life to others.

This issue of *UpFront* deals with forgiveness. Everyone takes an arrow from time to time, but we don't all handle the resulting hurt according to God's model. We hope you find these articles a helpful look at biblical forgiveness.

“... forgive as Christ has forgiven you.” Colossians 3:13

this issue of forgiveness. Years before the song came out, Terri was urging, “Let it go.” One day, as I sat with clenched hands and a frozen heart, she began to peel my fingers open one by one. Now I tease her about this, but the reality is it helped. She physically came alongside me to help my heart do what it needed to do.

Much freedom and peace came to me by making this choice to forgive. In time, the emotions followed. I too am now a firm believer in helping others choose to forgive just as Jesus forgave us. Freely, completely, and unconditionally.

Deborah Proctor

When I came to the Glen one summer, I was filled with pain, anger, and disappointment. I didn't even understand all the emotions I felt. This was a very confusing time for me.

I had an enormous amount of hurt built up from the past several years. As I met with Cynthia each week, it became obvious that I needed to forgive members of my staff team and many others. Cynthia encouraged me to write out the list of hurts I'd experienced and their effects. I had never done anything like that before.

As we I sat outside the Carriage House, I pulled out the piece of paper. The length of my list amazed me. Cynthia asked me to pray through it, line by line, and to forgive each member of my staff team. As I read aloud, tears streamed down my face. For the first time, I began to understand the parable of the unforgiving servant. I saw the pride in my heart, the unwillingness to forgive others in the way Christ forgave me. In that moment, I also experienced God's deep forgiveness and love for me.

This day was a huge turning point for me. It was the beginning of learning how to process my hurts before the Lord and to release others for the hurt.

It's been several years since that day at the Carriage House. Now one of my favorite things to do is to help others understand the beauty of God's forgiveness and experience this deeply in their heart. Unity is always one of the first areas to be attacked on a staff team. As I travel around the country meeting with our collegiate staff women, I teach what I learned that fateful day at the Carriage House. I meet with our staff women, teaching them the very same things Cynthia taught me.

It's beautiful to see women I care about experience deep freedom in their hearts. As we love and forgive each other unconditionally, I believe the Gospel becomes true and authentic to the world.

UpFront

on forgiveness

Forgiveness Is:

- ⊕ Releasing another from a liability, canceling a debt, or offering a pardon without resentment or desire for revenge.
- ⊕ More likely to be a lifelong process than a one-time, climactic event.

Forgiveness Is Not:

- ⊕ Justifying or merely understanding the hurtful behavior.
- ⊕ Forgetting the damage done or the act that caused it.
- ⊕ Denying you've been hurt or offended.
- ⊕ Forgiving only if they repent.
- ⊕ Making it easy for them to hurt you again.

Model for Sharing Hurts or Offenses

It hurt me when (action) , and it made me feel (effect) .

Model for Apologizing

I'm sorry that you experienced (effect) , and it grieves me that I hurt you by (action) . Will you forgive me?



the power of forgiveness

by Vic Black, National Prayer Director

He was the most dominating, controlling, manipulative leader I had ever encountered. My worst nightmare. The kind of person that pushed all my buttons.

Come to find out, he led out of his own hurt. And now he was hurting others left and right. He demanded that each of these people work out their grievances with him personally. Everything was done behind closed doors. By the time I recognized the larger picture of what was happening, things had gone too far. I was an elder. He was the new pastor in our youthful church.

Before he came, we had worked at relationships as a community for over ten years. Our dream of a fresh approach to the Body of Christ still had a long way to go, and the founding pastor believed he had taken our fledgling group as far as he could. The search for the right person to replace him was lengthy and thorough. End result, we invited a new leader to be part of our community. We wanted him to join us, come alongside us, partner with us in determining how to move into the future with a new style of neighborhood community among the lost.

To sum up a long and painful story, he effectively unraveled all the hard work we had put into building our start-up church.

As one of the shepherds in this young body, its destruction became both my greatest failure and my greatest personal pain. The new leader's sin against me and against so many others ignited the nature of sin in me—and I sinned! Now I had a real mess. Not only was I dealing with his sin against me, but I was acutely aware of my own reaction of disobedience, insensitivity, and lack of love.

During much heart searching and God seeking, I received guidelines of a process that helped me understand my responsibility before God in clearing away this tangled mess. Here is the essence of what I learned.

For my sake, privately with God, I needed to forgive this man for his sin

power *continued on page 4*

A Prayer of Forgiveness

Lord, I recognize that You have totally forgiven me. You've commanded me to forgive others just as You forgave me. I choose to forgive (name) for (actions and effects). I ask You to forgive me for not forgiving as You commanded. Help me to reconcile my relationship with (name).

I choose to release this hurt and anger, and I release (name) from any debt owed me. In the authority and name of the Lord Jesus Christ, I take back any ground I've allowed Satan to gain in my life because of this conflict.

I ask this in the name of Jesus. Amen.

Other Thoughts on Forgiveness

- ⊕ Don't try to deal with more than one event. Be brief and to the point.
- ⊕ Don't mind-read by giving your idea of their motive.
- ⊕ Avoid dynamite words like “always” or “never.” Don't exaggerate.
- ⊕ If they apologize, get immediate closure. Say, “I forgive you.”

Harboring bitterness is like drinking poison and hoping it kills the other person.

- Lorne Sanny

Being emotionally unable or unwilling to forgive means that you remain emotionally under the control of the person who wronged you. — Paula Rinehart

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with God, I needed to
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2015 PRT SEMINARS IN COLORADO SPRINGS

Personal Contribution Assessment

April 21-23

July 21-23

October 20-22

Sabbatical Orientation Workshop

July 27-30

Becoming One

August 5-7

Listening and Inner Healing Prayer

May 18 & 19

May 29 & 30 (Corvallis, OR)

*For more information call
(719) 594-2555.*

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