

5 KEYS TO CULTIVATING A FORGIVING SPIRIT

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.
Colossians 3:13



1 BE TENDER

Make sure your words, tone, body language, posture, and facial expressions are soft and gentle.



2 PRACTICE EMPATHY

Desire understanding more than being understood. Validate the other person's feelings.

3 AFFIRM HURT, ADMIT WRONG



Instead of denying or dismissing the other person's woundedness, acknowledge the pain and admit the words or actions that provoked the hurt. Approach determines the speed of reconciliation.

4 TOUCH GENTLY

Establishing a connection of touch can close the distance between you and the other person, defuse anger and invite a spirit of forgiveness.



5 SEEK FORGIVENESS

Say the words, "I'm sorry," and wait patiently for a response.

GARY SMALLEY

From Anger to Intimacy