



# *Restoring Wellbeing After Stress & Trauma*

# 7. Knowing and Extending Forgiveness

## The Spiritual and Psychological Need to Forgive:

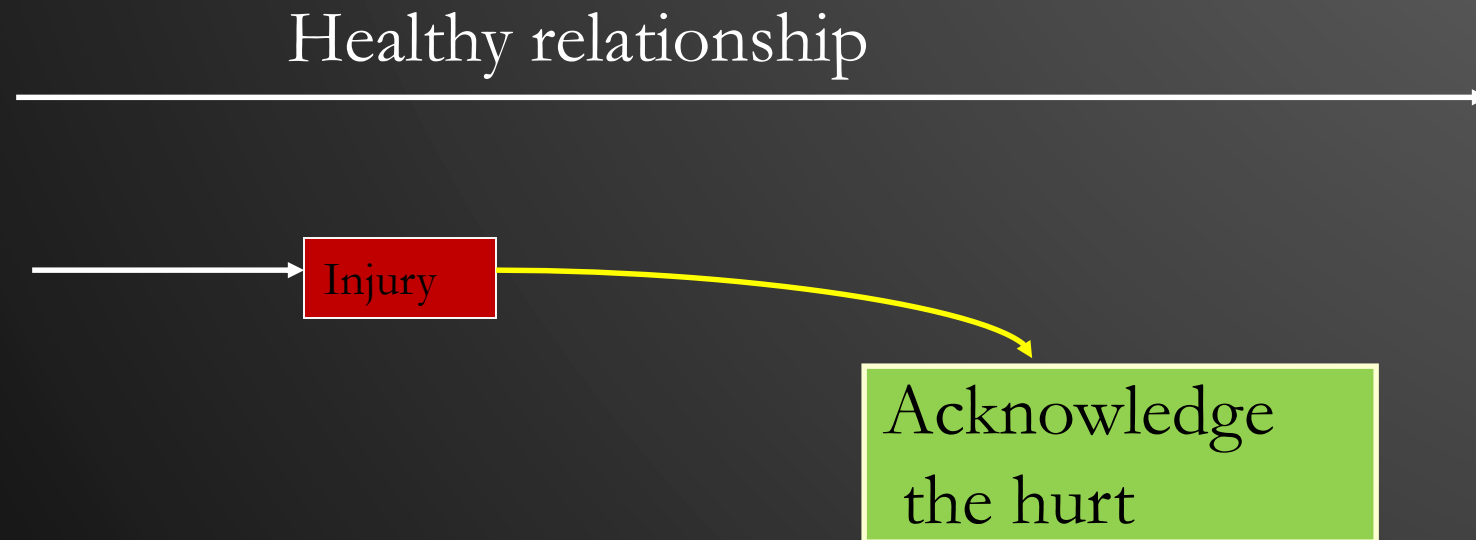
- “Forgive us..., as we forgive those who trespass against us”
- Research strongly supports reduced distress with forgiving

## Common Misconceptions About Forgiving

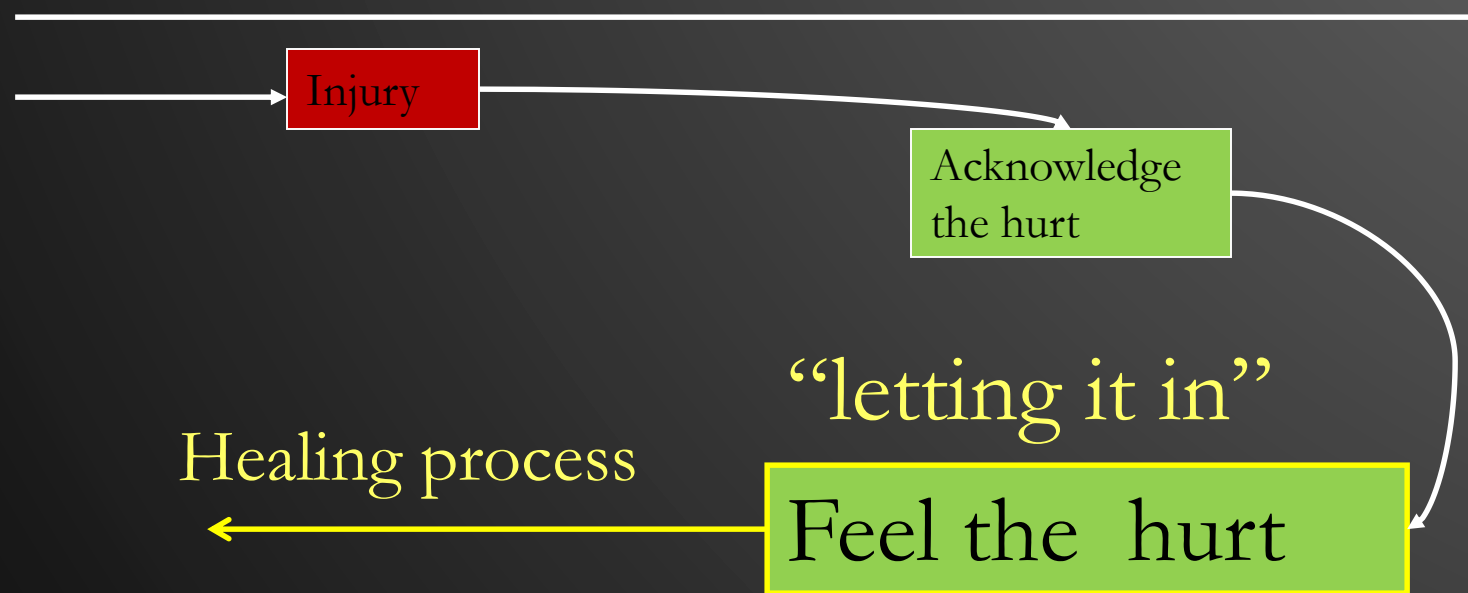
- “Forgive and Forget”
- “Forgiving means restoring the relationship (reconciling)”



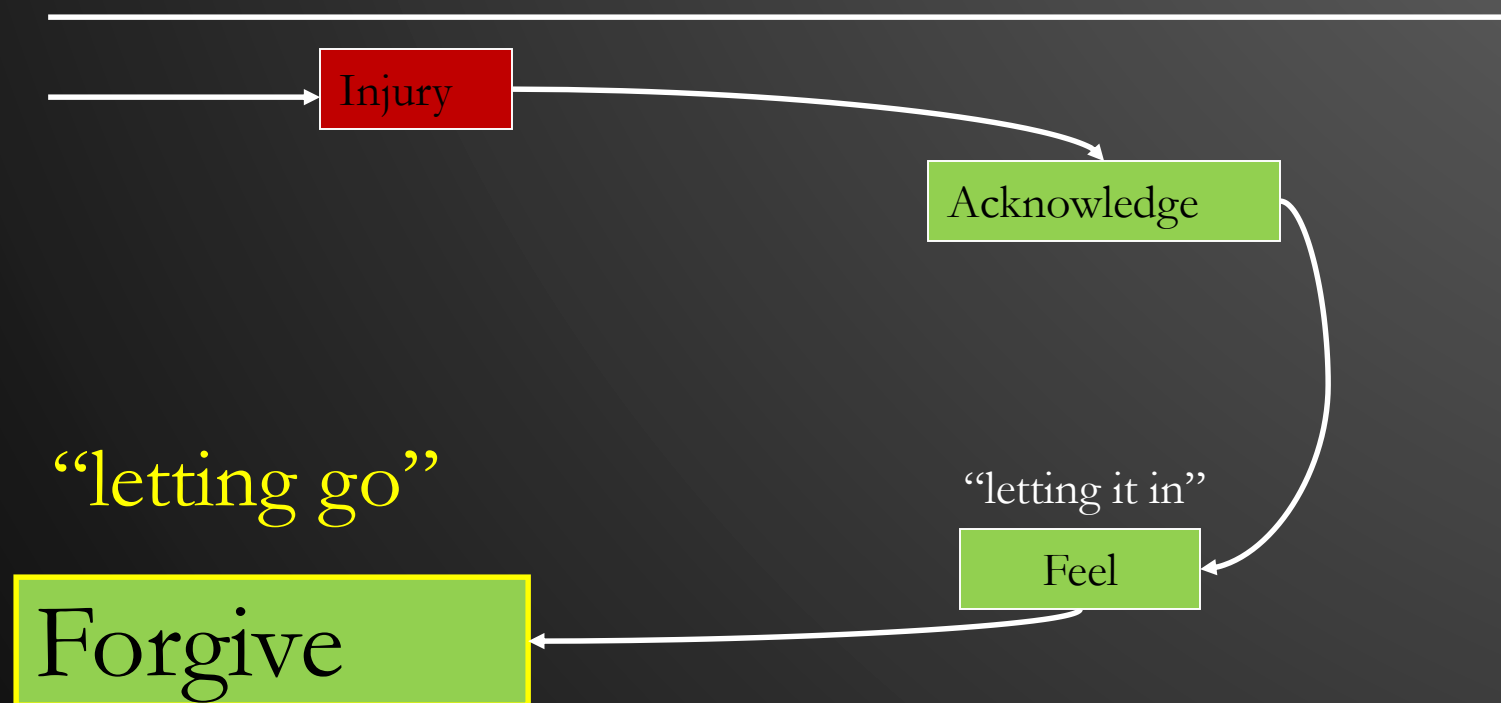
# Forgiveness Process (L. Smedes) - First: Acknowledge the Hurt



# Second: Feel the Hurt

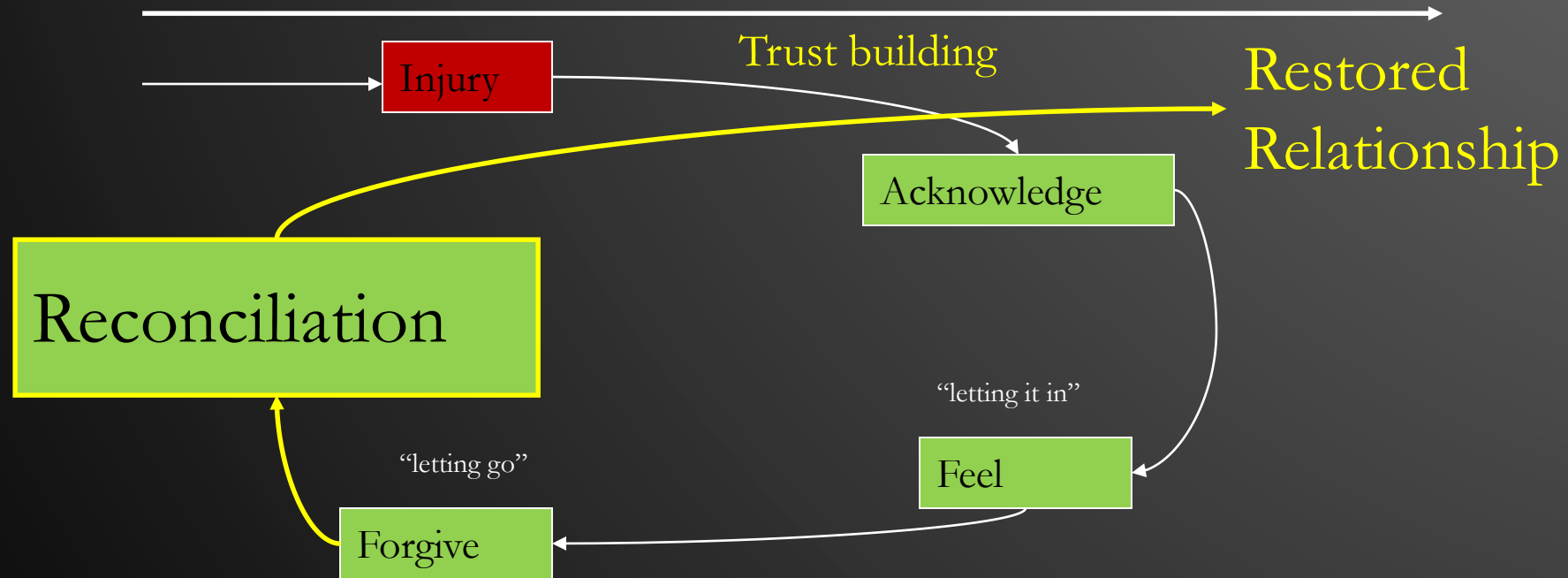


# Third: Forgiveness and Internal Healing



# Reconciliation:

“Coming together”



# Extending Forgiveness – Strengthening It

- Practice forgiving in the smaller things
- Forgiveness ritual
- Forgiving oneself can be the hardest. It needs acknowledgement that we are jars of clay, liable to imperfection, and brokenness.



# Shame – Extending Grace



Grace  
GOD's

I see you  
I know you  
I love you

Grace  
OUR's

We both are human  
We have human limits  
We belong together

We are together  
We eat together





2/26/2018



# GROUPS

- What were your **highlights** today? What are you **taking home** and into your ministry?



# Assisting Missionaries in High Risk Environments

## Resilience Building

- Practice of Rest & Restoration
- Exercise, Sleep, Healthy Diet
- Sense of Calling, Efficacy; Active Coping
- Ability to Connect; Social Support
- Graceful Disposition of Self and Organization
- Theology of suffering
- Foster intrinsic religious motivation
- Awareness of the forgiveness process; every-day practice

## Maintaining and Restoring Wellbeing

- Balance, Downtimes
- Foster Team Cohesion and Mutual Support
- Presence, listening, praying – NOT fixing – God may be working
- Practical support; Care Teams
- Support authentic expression of feelings, including lamenting
- Gently address any inappropriate sense of guilt, shame, or abandonment
- Support forgiving (not excusing)



# Bibliography

Schaefer, Frauke C., Dan G. Blazer, and Harold G. Koenig. 2008. “Religious and Spiritual Factors and the Consequences of Trauma: A Review and Model of the Interrelationship.” *The International Journal of Psychiatry in Medicine* 38(4): 507-524.

Richardson, GE. 2002. “The metatheory of resilience and resiliency.” *Journal of Clinical Psychology* 58:307-321.