

How to

Forgive.

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70x7 Counseling
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“Forgive others as I have forgiven you.” Jesus (Eph. 4:32)

ALWAYS COMES BACK TO CROSS!

God sees me and still let His son die for my sins! When I keep my gaze fastened on what Jesus did at the cross, my gratitude overflows for how much He has forgiven in me and still uses me. Otherwise, I would not be here today!

My life verse

Luke 7:42 – Therefore, I tell you, her many sins have been forgiven, that's why she loves much.

Because of this, I've been speaking, researching, teaching, counseling and writing about forgiveness for a long time. The name of my private counseling practice is 70x7 Counseling

CURRENTLY working on a Workbook for Forgiveness

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"For I resolved to know nothing while I was with you except Jesus Christ and Him crucified." (1 Corinthians 2:2)

GRACE anacronym of Forgiveness process

➤ Grasping God's Gift

- Beginning at the Cross=The Master's Plan
- Receiving the finished work
- Embracing the freedom

➤ Renewing the mind

- Challenging the lies
- Replacing lies with Truth
- Discerning from Reconciliation

➤ Acknowledging

- Cleansing and healing the wounds
- Telling your story & Confessing
- Letting go and casting

➤ Committing to forgive 70x7

- Taking no offense
- Living in Peace
- Abiding in Grace

➤ Equalizing at the foot of the cross

- Accepting Vertical Forgiveness
- Extending Horizontal Forgiveness
- Feeding His sheep

He comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:4-5

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