

31 MODES OF A VIRTUOUS WOMAN PRESENTS

5 KEYS TO FORGIVE-MESS

YOUR JOURNEY STARTS TODAY



SHAMIRA GAMBRELL

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This book is going to give you information about forgiveness, being unforgiving, and forgive-mess. We will go into depth about what forgive-mess is and steps you can take towards forgive-mess and moving forward in your life. We will also look at a few of the common myths around forgive-mess. This ebook will assist you in setting your intention around the role forgive-mess plays in your life.

Now you will have to do your part in this process- because let's face it nothing in this life works unless you work it. I can give you all the information and steps in the world but if you are not willing to do your part then it's all for nothing. So I intentionally placed some activities in this ebook to get you engaged in the process.

I know that for some folks, discussion around this topic of forgiving can be a hot button topic- just like submission is for some women (that's another ebook lol). Prayerfully as we engage in this process we can move the dial from one end towards the other just like the baby below.

SHAMIRA GAMBRELL
FOUNDER, 31 MODES OF A VIRTUOUS WOMAN



So let's begin. Everything starts and ends with you so what is your definition of forgiveness?

So the word forgive can be defined as: to grant pardon for or remission of (an offense, debt, etc.); absolve; to give up all claim on account of; remit (a debt, obligation, etc.); to grant pardon to (a person); to cease to feel resentment against: to forgive one's enemies. ; To cancel an indebtedness or liability of: to forgive the interest owed on a loan; and to pardon an offense or an offender.

The Greek word translated as "forgive" in the New Testament, *aphiēmi*, carried a wide range of meanings, including to remit (a debt), to leave (something or someone) alone, to allow (an action), to leave, to send away, to desert or abandon, it also means to let go. I can summarize these meanings in three words: LET IT GO.

What part of the definition of forgiveness resonates most with you?

What does the bible say about forgiveness?

Ephesians 4:32 New Living Translation (NLT)

32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Colossians 3:13 New Living Translation (NLT)

13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Luke 6:37 Contemporary (CEV)

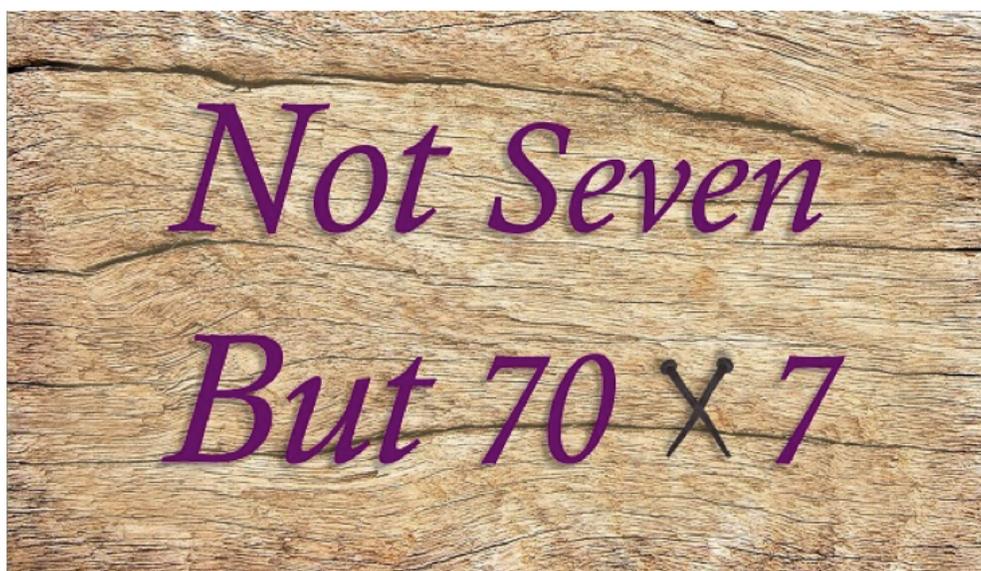
Judging Others

37 Jesus said: Don't judge others, and God won't judge you. Don't be hard on others, and God won't be hard on you. Forgive others, and God will forgive you.

Matthew 18:21-22 (AMP)

Forgiveness

21 Then Peter came to Him and asked, "Lord, how many times will my brother sin against me and I forgive him and let it go? Up to seven times?" **22** Jesus answered him, "I say to you, not up to seven times, but seventy times seven.



What goes through your mind as you see/read some of things the bible has to say about forgiveness? "You don't know what they did" "This wasn't the first time" "They always get away with it" "But, they're not even sorry" etc. etc. etc...

Write down some of your thoughts here:

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“FORGIVENESS
IS NOT AN
OCCASIONAL
ACT, IT IS A
CONSTANT
ATTITUDE.”

DR. MARTIN LUTHER KING JR.

What is your definition of Unforgiving?

Unforgiving is when you are unwilling or unable to forgive someone for hurting, betraying, breaking your trust or causing you intense emotional pain. It is when you are not willing to forgive or excuse people's faults or wrongdoings; and are harsh; hostile. It can also be defined as being unpleasant or difficult to deal with.

Can you think of some ways that being unforgiving can disrupt someone's life?

1

2

3

4

5

I am going to briefly touch upon some of the possible consequences that you may experience mentally & emotionally, physically, and spiritually, when you decide not to forgive.



MENTALLY & EMOTIONALLY

Depression

It takes emotional energy to maintain a grudge. It's hard work and definitely unhealthy! When your emotional energy is exhausted, you can become depressed.

Stress

When you decide not to forgive you develop strong negative emotions about the one that offended you. Some people even go as far to say they experience hate. Strong negative emotions and/or hating someone produce stress hormones in your body. You become worn out and unable to cope with daily challenges.



PHYSICALLY

Chemical Imbalance

Deciding not to forgive can lead to resentment which in turn can cause imbalances in the hormones from the various glands of the body, producing many physical symptoms and diseases.

Weakened Immune System

When you decide not to forgive it can lead to bitterness. The stress of bitterness weakens the immune system and heightens your susceptibility to physical ailments. Oftentimes doctors can trace physical disorders to a point in time when bitterness began to develop. (The bible has a lot to say about bitterness too!)



SPIRITUALLY

Inability to love God

When you decide not to forgive, you are not operating in love. God calls us to love God and love people...

“If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? And this commandment have we from him, that he who loveth God love his brother also”
(**1 John 4:20-21 (KJV)**).

Doubts about our relationship with God

When we choose not to forgive we put our own relationship with God in jeopardy...

Jesus said, “For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses”
(**Matthew 6:14-15 (KJV)**).



What are your thoughts about the possible consequences of not forgiving?

A large, empty rectangular box with a light gray border, intended for writing a response to the question above.

So far we have covered forgiveness, being unforgiving and some of the consequences of being unforgiving. Now it's time to tackle forgive-mess. What is the meaning of forgive-mess? It means to forgive mess! Forgive the mess that happened to you. More specifically, here is a breakdown of what happens when you Forgive-mess; you gain:



Mastery of



Emotions,



Story (Self-Talk) and then you're



Set- free

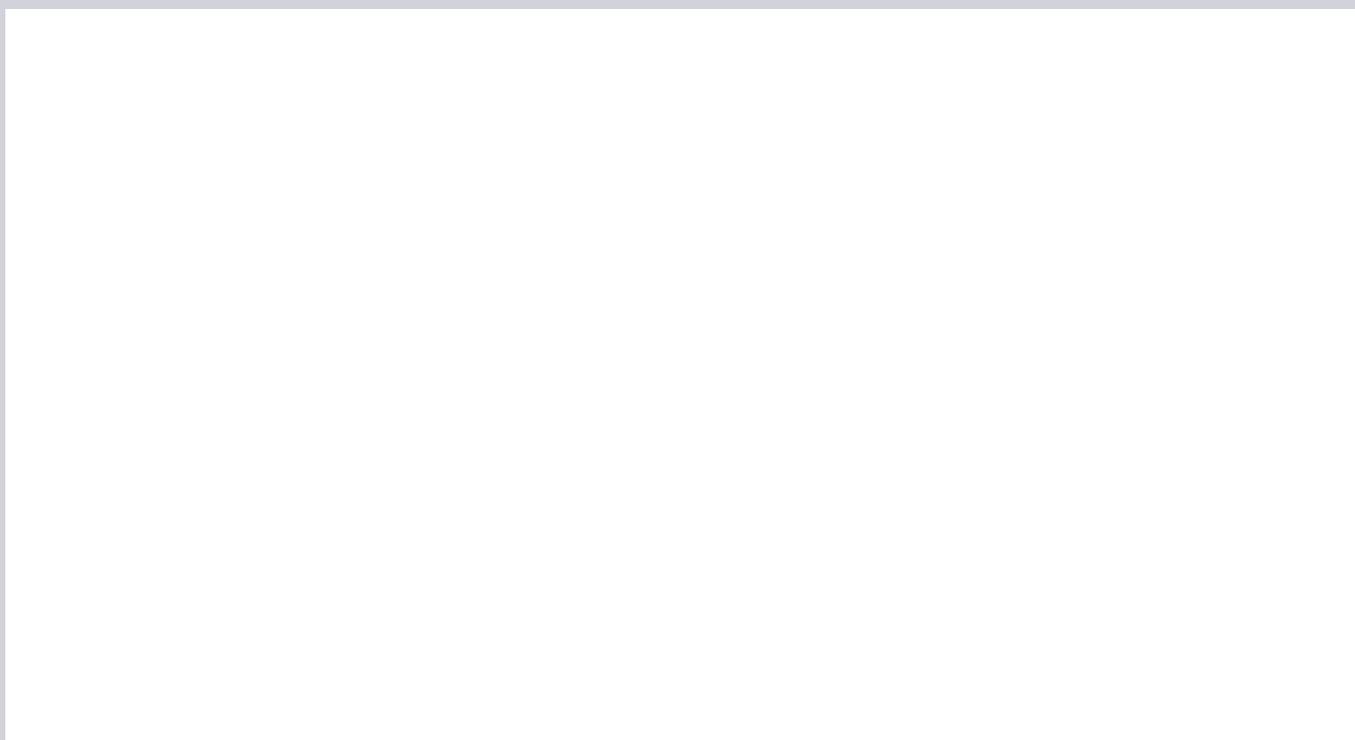
Let's take a closer look at this. What does it mean to have mastery over something? When you master something it means you have the ability or power to use, control or dispose of something; you are eminently skilled; or you are a victor or conqueror.

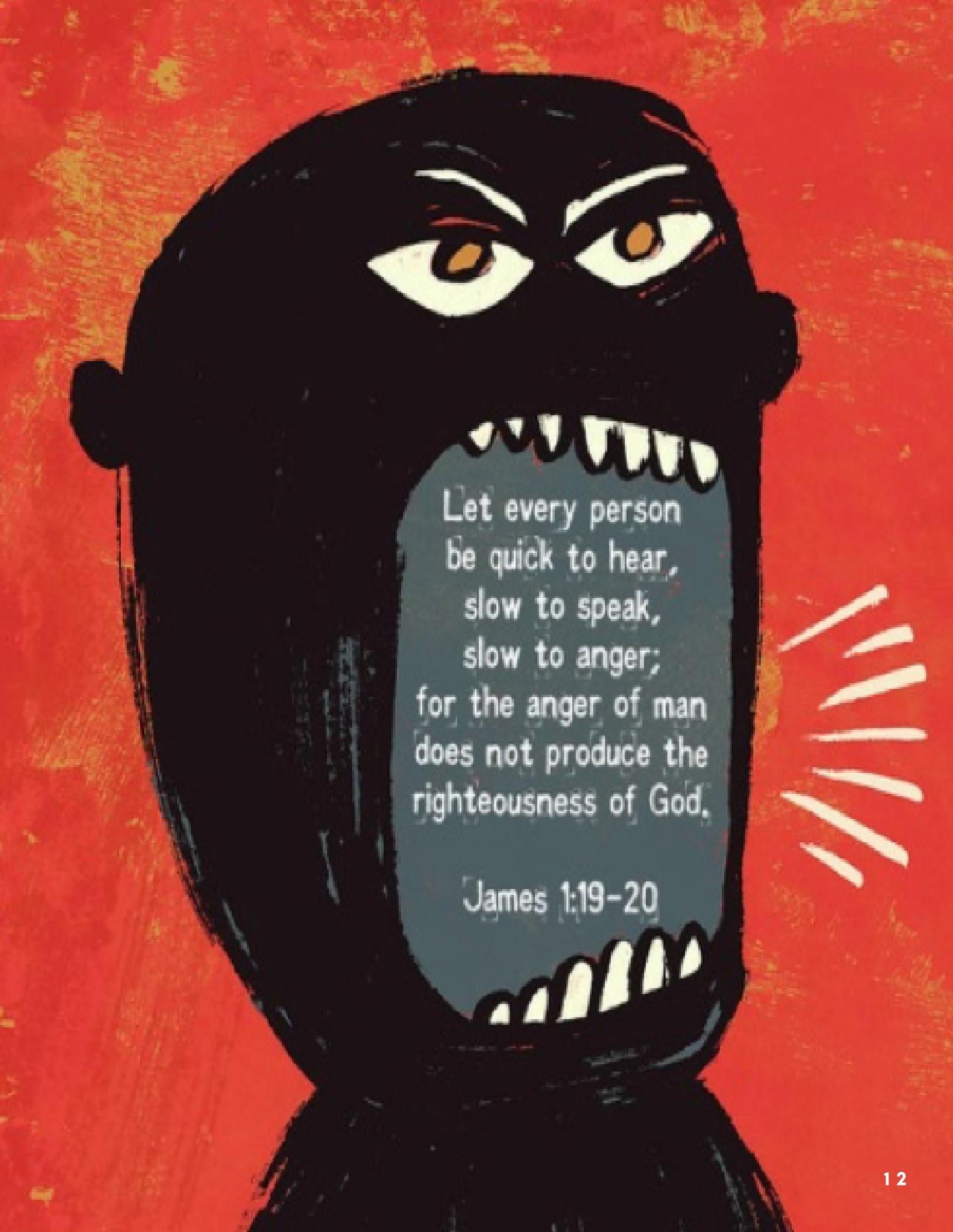
So we need to be able to control our emotions. That's the first step. Of course it is easier said than done however all battles are won in the mind first before they are won anyplace else. It takes discipline to develop mastery of our emotions but it is required in order to move forward. You are still allowed to experience your emotions and feel them you just cannot allow them to rule you. Although we experience a range of emotions around forgive-mess it often shows up as anger. The thing about anger is that it is a secondary emotion. You can usually get to the root of why a person is angry simply by asking "Who hurt you?"

Ephesians 4:26-27 (AMP)

26 Be angry [at sin—at immorality, at injustice, at ungodly behavior], yet do not sin; do not let your anger [cause you shame, nor allow it to] last until the sun goes down. **27** And do not give the devil an opportunity [to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment, or cultivating bitterness].

What are some of the emotions you experience when you do not want to forgive-mess?





Let every person
be quick to hear,
slow to speak,
slow to anger;
for the anger of man
does not produce the
righteousness of God.

James 1:19-20

Now let's look at mastering the story. The story is actually our self-talk. It's what we tell ourselves about what happened. You know how that is...when someone does something you don't like or didn't agree with. We have a tendency to relive the scenario in our minds, and depending upon our perspective of what occurred we are simply reliving the trauma of the incident.

We have to master what we say to ourselves and how we say it. Oftentimes there may be self-blame associated with our retelling of the story. We may be upset at what occurred while simultaneously being upset with ourselves for "allowing it".

We need to change the narrative. We need to conquer the self-talk. Actually we simply need to stop it. Real simple- that's it. I know often we are looking for some complex and difficult solution but simply stop telling yourself the story! What goes hand in hand with stopping this negative self-talk is to stop telling others the story as well. When you can do that, you have developed mastery of the self-talk, as well as the story and will emerge the victor and not the victim.



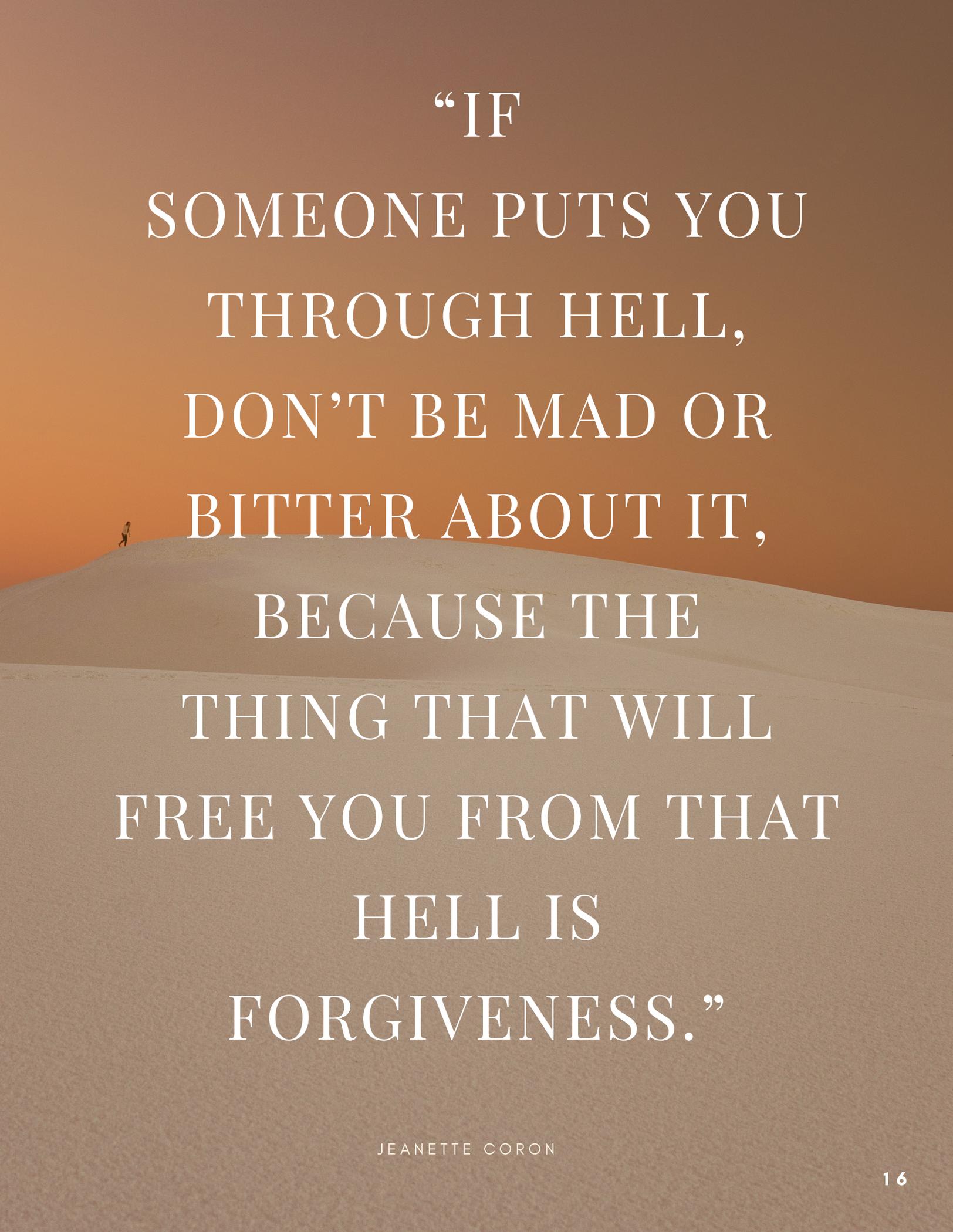
**Isaiah 43:18-19 "Forget the former things;
do not dwell on the past. See, I am doing
a new thing! Now it springs up;
do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland."**

When you are able to develop mastery over your emotions, your self-talk and the story then you are on the path to being set free! What you may not have realized is that the longer you decided not to forgive-mess the longer you placed yourself in a form of bondage.

You were in bondage to your emotions. You were in bondage to the story and the need to keep repeating it. You were in bondage to relieving the situation by your self-talk. You were in bondage to the person who committed the offense against you! You allowed this person and situation to take up prime real estate in your mind, spirit, and heart!

You were in a self-imposed prison. I'm sure you have heard that before but it is true...



A person is walking on a sand dune at sunset. The sky is a warm orange color, and the sand is a light beige color. The person is a small silhouette on the left side of the dune.

“IF
SOMEONE PUTS YOU
THROUGH HELL,
DON'T BE MAD OR
BITTER ABOUT IT,
BECAUSE THE
THING THAT WILL
FREE YOU FROM THAT
HELL IS
FORGIVENESS.”

Let's look at a couple of biblical examples of when folks truly had to forgive-mess.

Jacob and Esau (Genesis 25, 27, 32, 33)

The twins Jacob and Esau were very different from one another. One was a man's man. Esau loved outdoor activities like tending the sheep and hunting. Jacob preferred to stay at home and learn from his mother.

One day Esau came in from the field famished. He begged Jacob to give him something to eat. In return Jacob sold a bowl of soup to his older twin in exchange for the birthright. Esau traded the larger portion of their inheritance for a bowl of beans. (Genesis 25:29-34)

The deception continued. When their father Isaac knew he was near death he requested that his manly son Esau kill a deer to prepare a fine meal before dividing the estate. Rebecca, the mother of the twins, heard the request and helped Jacob pull off a grand scheme to fool Isaac into giving Jacob the larger portion of the inheritance.

In the end, Jacob had to run for his life. He fled to another country to find his mother's relatives who would care for him. It was many years before he returned to his own family. When he did, he heard that his brother Esau was looking for him. The deceiver Jacob was scared. He devised a plan so that his brother could only destroy half of Jacob's wealth if he was caught. (Genesis 32)

When they finally met, Esau ran to Jacob and hugged him and kissed him and showed forgiveness and mercy. He had so forgiven Jacob that he was surprised Jacob would even think that there might be hard feelings between them. (Genesis 33)



Joseph (Genesis 37-50)

The 11th son born to Jacob was Joseph. God revealed His plan for the life of Joseph when he was still a young boy. Joseph excitedly talked with his brothers about God's plans. His brothers became jealous and eventually sold him into slavery while telling their father Jacob that a wild animal had killed his favorite son.

Joseph was bought by a man who eventually recognized Joseph's honesty. The man gave Joseph great freedom even though he was still a slave. Eventually Joseph was wrongly accused of a crime and ended up in prison. Joseph's integrity won him favor with the jail keepers and he became a guard over other prisoners. Through time God elevated Joseph to great power within the kingdom.

The brothers thought Joseph was dead. They did not suspect that the man they stood before was their own brother Joseph. When Joseph revealed himself, they were shocked to know he was alive. They even feared for years that he would seek retribution. After the family was reunited they lived together in Egypt. When their father passed away, the brothers began to fear even more that Joseph would finally show his hatred towards them (Genesis 50:15). Joseph was heartbroken when he learned they still did not trust him and that they feared what he would do to them (Genesis 50:17).

This amazing story of forgiveness culminates with these words from Joseph to his brothers:

"And Joseph said unto them, Fear not: for am I in the place of God? But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive. Now therefore fear ye not: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them." (Genesis 50:19-21)



These are two examples of some serious mess that had to be forgiven. I encourage you to read the full stories. But I believe through the summaries you get the gist. Now imagine how different those stories may have been had the offended party not mastered their emotions, the self-talk and story! They were truly set free from what others did to them. They emerged as the victors and not the victims and you can do the same!

Who are some people you need to extend forgive-mess to? List at least one:

1

2

3

Now by no stretch of the imagination am I saying this is an easy thing to. What I am saying is that it is a necessary thing to do! God requires it! Forgive-mess is a lifelong journey. Some days will be easier than others. The temptation to give in to bitterness will emerge. After all, we're not perfect! Make the motive of your forgive-mess first about loving God, then about loving your neighbor. All commitments to forgive-mess will need renewal.



MYTHS



BUSTED

Before we take a look at some of the most common myths around forgiving- list here what you think are the most common or top three myths:

1

2

3

Now what are the top three reasons that people do not want to forgive-mess?

1

2

3

A Myth is defined as any invented story idea, or concept. It is also an unproved or false collective belief that is used to justify a social institution.

A Reason is defined as sound judgment; good sense or a statement presented in justification or explanation of a belief or action.

Sometimes your reason is based upon a myth. Read that again.

Let's take a look at just a few of the common myths out there around forgive-mess:

MYTH



IF I FORGIVE I MUST FORGET.

This is one of my favorite myths to debunk! The truth is that Forgive and Forget is not Biblical. It does not say that anywhere in the bible. Now it does mention something about God forgetting our transgressions but nowhere are we called to forget in order to forgive.

Psalm 103:12 (NASB)

12 As far as the east is from the west,
So far has He removed our transgressions from us.

So what is the origin of the phrase "Forgive and Forget" where did it come from?

Miguel de Cervantes (1547-1616): "Let us forget and forgive injuries." "Don Quixote de la Mancha."

William Shakespeare (1564-1616) "Pray you now, forget and forgive." "King Lear"

If we forget what happened, we can also lose the learning that came from the experience. There are lessons to be learned from every experience in life. Forgiving doesn't mean we forget, just that we actively fight to surrender the hurt to God. The key is not to erase one's memory of the past, but to learn how to honor God when past memories seek to infringe upon one's present awareness. Every offense/betrayal has taught me something!



MYTH



I NEED TO SPEAK WITH THE PERSON OR SEE THEM IN PERSON TO LET THEM KNOW THEY ARE FORGIVEN.

This absolutely untrue and unnecessary! There are a lot of philosophies floating around out there that say you need to let the person know or you haven't truly forgiven them unless you tell them. Nine times out of ten people often don't realize the depth of their offense to you. That could then cause your "pardon" not to be received well and could blow up in your face; and you could be setting yourself up to be hurt again.

Another thing to consider is- what truly is your motive for wanting to speak with them? What are you expecting? This seems like a move of someone who may want to sit in a seat of judgment or superiority. Now don't get me wrong- depending upon the relationship it may be necessary to discuss the prevailing issue. What I am saying is that it is not a "must" in order to forgive. Quiet as it's kept your decision to forgive-mess is really between you and God.

Forgive-mess is a gradual process—and it doesn't necessarily have to include the person you are forgiving. Forgive-mess isn't something you do for the person who wronged you; it's something you do for you.

If you decide not to express forgive-mess directly, then do it on your own. Say the words, "I forgive you," aloud and then add as much explanation as you feel is merited; again this is between you and God.

Remember that forgive-mess is a personal and internal process, so there's no need to tell the person you've forgiven them, especially if you've cut off contact for your own well-being. If you've freed yourself of the anger, pain, and hurt that was once weighing you down, you've already forgiven them.



MYTH 3

THE PERSON NEEDS TO APOLOGIZE OR ACKNOWLEDGE WHAT THEY DID TO ME BEFORE I CAN FORGIVE THEM.

Listen I know what they did to you was effed up. It hurt you, it embarrassed you and you want them to acknowledge it! I can relate, my former spouse, hurt and embarrassed me in a very public way (that's a story for another book), but nevertheless I had to forgive-mess! And no he didn't apologize. My strength is not dependent on another person's apology and neither is yours. I needed to forgive-mess so that I could move on in my life. It took a long time though lol...

Sometimes we think that the two words, "I'm sorry" are supposed to heal all wounds. We are no longer on the kiddie playground where the teacher is going to make "Jane" come and say "I'm sorry" to you... We are commanded to forgive, whether someone asks for it or not. Victory in this area is going to come from obedience to God and not from other people's actions.

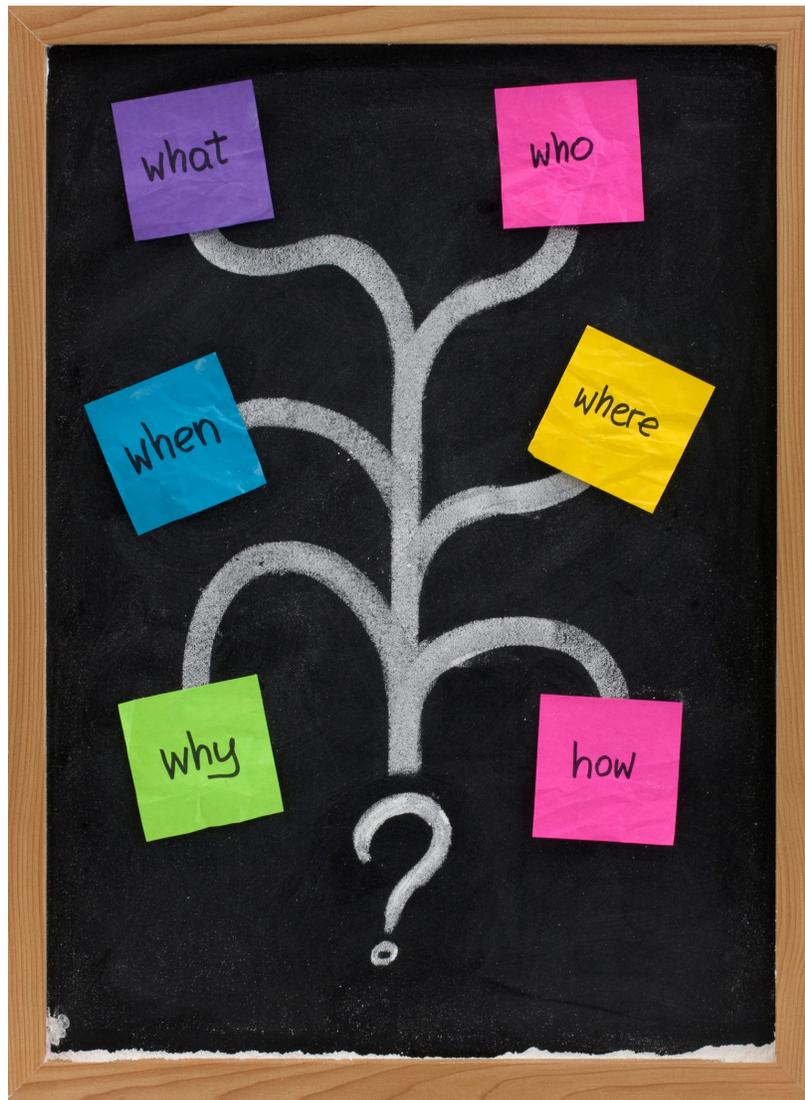
By being the bigger person, you put yourself in the position of power. Yes, they hurt you, but you're allowed to move forward whether or not they're willing to participate. You have to choose forgive-mess for yourself when you are ready to accept what happened, acknowledge your feelings, and let go.

If you find it hard to forgive because the hurt cuts too deep, take time to heal, but recognize forgive-mess brings strength that enables you to heal and move forward with your life without constantly waiting for an apology that may never come.





When I was in elementary/grade school- we were taught this format to give a brief overview of our current events, which I am going to use here...



W H O	All who you perceive have wronged you
W H A T	Let it go; release it, free yourself
W H E R E	In your heart, mind and spirit
W H E N	Now or as soon as possible
W H Y	God said so- it is required
H O W	It is a process...Trust and rely on God



Now we are going to recap some of the keys you can use to open yourself up to forgiveness. Please know that this is not a one size fits all but I do sincerely believe that there are some nuggets here that everyone can benefit from. As with everything you need to chew the meat and spit out the bone.



MASTERY WE NEED TO DEVELOP IT, MASTERY CAN BE CONSIDERED A FORM OF SELF-CONTROL.

Scripture reference: **Proverbs 25:28 (ESV)**

28 A man without self-control
is like a city broken into and left without walls.



MASTERY OVER OUR EMOTIONS SO THAT WE ARE NOT RULED BY THEM

Scripture reference: **Philippians 4:7-9 (NRSV)**

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

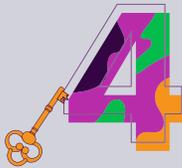
9 Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.



MASTERY OVER THE “STORY” AND OUR NEGATIVE SELF-TALK.

Scripture reference: **Colossians 3:8 (AMPC)**

8 But now put away and rid yourselves [completely] of all these things: anger, rage, bad feeling toward others, curses and slander, and foulmouthed abuse and shameful utterances from your lips!



SET FREE FROM SELF-IMPOSED BONDAGE AND THE POSSIBILITY OF NOT BEING FORGIVEN BY GOD

Scripture reference: **Matthew 6:14-15 (AMP)**

14 For if you forgive others their trespasses [their reckless and willful sins], your heavenly Father will also forgive you. **15** But if you do not forgive others [nurturing your hurt and anger with the result that it interferes with your relationship with God], then your Father will not forgive your trespasses.



PRAY - PRAY FOR YOUR HEALING AND RESTORATION BUT PRAY FOR THEIRS AS WELL. NOW I MAY HAVE LOST A FEW OF YOU THERE BUT GOD’S WORD IS CLEAR. I SAVED THIS FOR LAST BECAUSE WE NEEDED TO TAKE A COMPREHENSIVE LOOK AT EVERYTHING BEFORE I SPRANG THIS KEY ON YOU. AGAIN GOING THROUGH FORGIVE-MESS IS A PROCESS AND THE KEY THAT TIES ALL OF THEM TOGETHER IS PRAYER. TRUST ME ONCE YOU GET TO THIS POINT YOU ARE WELL ON YOUR WAY!

Scripture reference: **Matthew 5:44-45 (KJV)**

44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

45 That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

Luke 6:27-28 (NLT)

Love for Enemies

27 “But to you who are willing to listen, I say, love your enemies! Do good to those who hate you.

28 Bless those who curse you. Pray for those who hurt you.

Remember forgive-mess is not an emotion, but a covenant promise (with God) to forgive the debt of your offender. It is to promise that you will not ruminate over your offender's sin while alone. It can be defined as an intentional and voluntary process by which you undergo a change in emotions/feelings and attitude regarding the offense, letting go of negative emotions such as vengefulness; which then allows you to be in a space where you can pray for them.

Now that we have discussed in depth forgiveness, being unforgiving, and forgive-mess; as well as the key actions you could take to forgive-mess; my prayer is that you were blessed by the information shared.

I do believe that there is nothing new under the sun but my prayer is that this information was presented to you in a way that allows you to receive it and take action.

So as always Let's Ignite Transformation!!!

