

**Forgiving in an  
Unforgiving World**

**EDUCATE AND  
EMPOWER TOGETHER**

Circles of Life  
May 6, 2021

[missyhuang2011.blogspot.com](http://missyhuang2011.blogspot.com)

Tim Markle: Parent, Forgiveness Practitioner,  
Forgiveness Factor Founder, [forgivenessfactor.org](http://forgivenessfactor.org)

1

---

---

---

---

---

---

---

---

*Brother*      *Can we talk?*

**ANGER**

*Dad*

2

---

---

---

---

---

---

---

---

Do we live  
in an  
unforgiving  
world?

- Revenge
- Power
- Disrespect
- Hang onto that anger!

3

---

---

---

---

---

---

---

---

What are the results of unforgiveness?

- **Physically**—stress, high blood pressure, ulcers, addictions
- **Mentally**—distracted, triggered
- **Emotionally**—depression, anger, resentment, bitterness
- **Relationally**—broken, distant, distrust
- **Spiritually**—broken, less than life

---

---

---

---

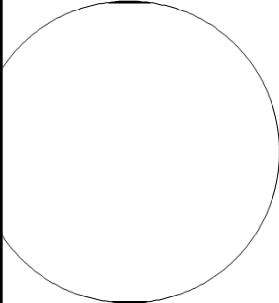
---

---

---

---

4



Forgiveness?

---

---

---

---

---

---

---

---

5

What forgiveness is not

- Forgiveness is not just saying "I Forgive You"
- Forgiveness is not primarily about you
- Forgiveness is not finding excuses for the offending person's behavior
- Forgiveness is not offered to inanimate objects but is offered to persons
- Forgiveness is not a quick formula you can recite and it works like magic

---

---

---

---

---

---

---

---

6

What forgiveness is

“When we forgive, we willingly and deliberately offer goodness to those who have been unfair to us.

Dr. Robert Enright, UW-Madison

---

---

---

---

---

---

---

---

7

Why does it matter?

Faith backgrounds teach it

- Hebrew Scriptures
- Christian Scriptures
- Muslim
- Confucian
- Buddhist
- Native American

---

---

---

---

---

---

---

---

8

What does science say forgiveness can do?

- Reduce psychological depression
- Reduce anxiety
- Reduce unhealthy anger
- Decrease posttraumatic stress symptoms

Dr. Enright and others

---

---

---

---

---

---

---

---

9

What does science say forgiveness can do?

- Increase quality of life
- Increase focus (not distracted by the thoughts and negative feelings)
- Increase cooperation and reduce bullying (deal with underlying issue)
- Increase self-esteem

---

---

---

---

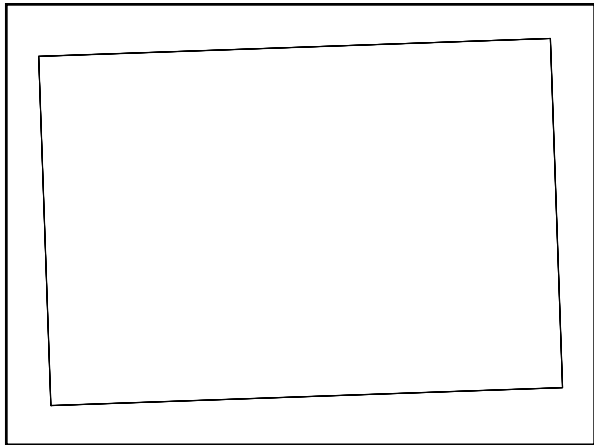
---

---

---

---

10



---

---

---

---

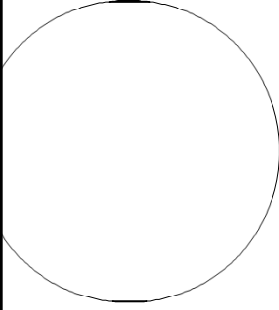
---

---

---

---

11



Why are you in pain?

• [www.dumb.com](http://www.dumb.com)

---

---

---

---

---

---

---

---

12

How do I forgive?

- Acknowledge the pain and the junk
  - Focus on one person at a time
- Decide my way isn't working
- Consider forgiveness
- Choose to forgive
- Decide to forgive

13

---

---

---

---

---

---

---

---

How do I forgive?

- Rehumanize
- Gift of goodness

14

---

---

---

---

---

---

---

---

Living as if . . .

- First---shut up!
- Recognize we are leaky people
- Choose the positive over the negative
- Look for love, mercy and forgiveness
- Practice love, mercy and forgiveness

15

---

---

---

---

---

---

---

---

Is it real?

- Nickel Mines, Pennsylvania

16

---

---

---

---

---

---

---

---

Is it real?

- Nickel Mine, Pennsylvania
- Emmanuel African Methodist Episcopal in South Carolina

17

---

---

---

---

---

---

---

---

Forgiving yourself

- How do you talk about yourself to yourself?
- You can and should honor yourself even as you are imperfect
- Offering yourself a sense that you have inherent worth

18

---

---

---

---

---

---

---

---

**Forgiving yourself**

- You are more than your actions
- Admit you did wrong and need to correct wrong done to other people
  - Seek forgiveness and right any wrongs

19

---

---

---

---

---

---

---

---

**There is more to your story**

20

---

---

---

---

---

---

---

---

**[Empty box for writing]**

21

---

---

---

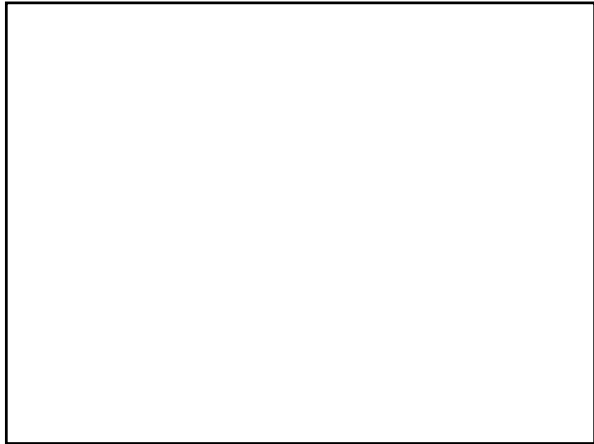
---

---

---

---

---



22

---

---

---

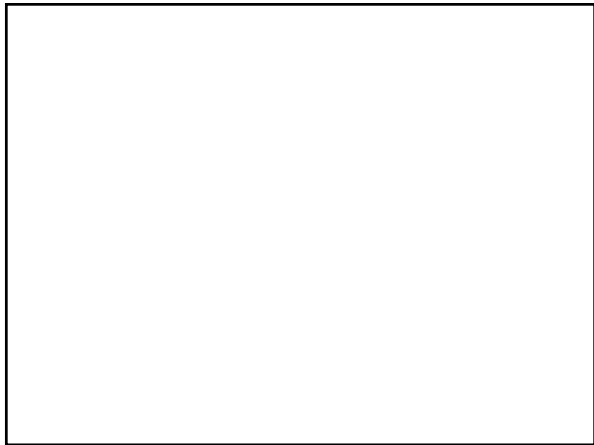
---

---

---

---

---



23

---

---

---

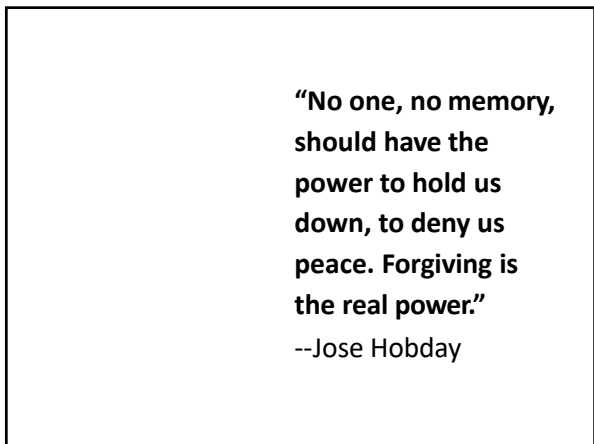
---

---

---

---

---



**“No one, no memory,  
should have the  
power to hold us  
down, to deny us  
peace. Forgiving is  
the real power.”**  
--Jose Hobday

24

---

---

---

---

---

---

---

---



25

---

---

---

---

---

---

---

---

**Contact  
information**

Tim Markle  
[www.forgivenessfactor.org](http://www.forgivenessfactor.org)  
608-421-0850  
[markle@forgivenessfactor.org](mailto:markle@forgivenessfactor.org)

26

---

---

---

---

---

---

---

---