

## Forgiving Your Teammate

**Forgiveness is not a feeling but a promise. It is an act of the will. It means:**

1. I will not use an incident against you in the future.
2. I will not talk to others about an incident I have forgiven.
3. I will not dwell on the incident myself.
4. I will not let the incident stand in the way of our relationship. (added)

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Which of these acts of the will are the hardest for you? \_\_\_\_\_

What can you and your teammate do to make it easier to forgive? \_\_\_\_\_

This exercise is not a one-time exercise, but rather a continuing process. Just as physical therapy accelerates the healing of injuries, forgiveness accelerates the healing of relationships. Sit, facing each other, hold hands, and read the following paragraph in silence, then do as indicated:

Our marriage is not a finished product. It is an experience--a team relationship that is being created and recreated continually. In this ongoing process, we must recommit ourselves each day to our decision to share life together. Our desire for a better marriage and our forgiveness of one another will serve as a reminder to us that we have decided again to be faithful to the commitment, which we made to each other in the presence of God in the midst of all the opportunities for separation.

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Sit in silence for a few moments holding each other's hands and looking at one another. Then one teammate is to tell the other the following:

**If our marriage is to be as strong as it can be, I must be willing to forgive you when I am feeling wronged or hurt. I also need to seek forgiveness for the times when I have wronged or hurt you, either by words or acts of omission or commission. When I forgive you or seek your forgiveness, our relationship is strengthened.**

**Please forgive me for [fill in the blank, or] my selfish ways when I have put my needs above yours and have hurt you in the process. I am truly sorry and ask for your forgiveness.**

The other teammate responds:

**I forgive you because I love you. I pray that God will abundantly bless you and give you the desires of your heart.**

Repeat the process with the other teammate starting.

**Husband:** \_\_\_\_\_ **Wife:** \_\_\_\_\_ **Date:** \_\_\_\_\_