

QUICK START · READ IN FIVE MINUTES

Top 10 Takeaways

Ten lessons drawn from years of walking people through the Healing Room. Read them straight through — it takes about five minutes. Then go back to the one that made you uncomfortable, and start there. That one is usually yours.

01

ENTRY DOOR

Forgiveness is not what most of us were taught.

It is not excusing what happened. It is not forgetting, or pretending the damage was small. It does not require an apology, a confession, or the other person's participation at all. Forgiveness is something you do — and you can do it alone.

MATTHEW 11:28

02

ENTRY DOOR

Unforgiveness costs you far more than it costs them.

The person who hurt you has very likely moved on. You are the one still carrying it — into your sleep, your health, your marriage, your work. Holding on feels like justice. It functions like a debt you keep paying on their behalf.

03

WALL ONE

Notice who has been poisoning the well.

Some people in your life encourage healing. Others keep the wound open — rehearsing the offense, feeding the anger, calling it loyalty. Take an honest inventory of both. You will need the encouragers for the work ahead.

04

WALL ONE

Learn to recognize GRUBB.

Grudges, Resentments, Unforgiveness, Bitterness, Blame. Five weights that harden an unforgiving heart, and all five are easier to carry than to name. Say out loud which ones you are holding. Naming them is the first step to setting them down.

GALATIANS 5:19-22

05

WALL TWO

You cannot forgive a blur.

Write down what actually happened. The words, the dates, the people, the damage — plainly, without softening it and without performing it. Naming an injury exactly is the first honest thing most of us ever do with it.

WHERE EACH TAKEAWAY LIVES

The six steps, in order — continues overleaf →

ENTRY DOOR

WALL ONE

WALL TWO

WALL THREE

WALL FOUR

RELEASE DOOR

Continued — the walk through the room

06

WALL TWO

Your offender has a story too.

Understanding why someone did what they did is not excusing it. It is how you stop granting them the size of a monster. Most people who wound others were wounded first, and were never shown the way out.

07

WALL THREE

You are not the judge.

Holding an offender responsible is not the same as sentencing them, and that seat was never yours to sit in. Bringing your own part to the Lord honestly — including the anger you have justified for years — is where the weight actually begins to move.

MATTHEW 7:1-5 · JAMES 4:7-10

08

WALL FOUR

Forgiveness is a decision before it is a feeling.

The feeling almost always arrives late, and sometimes it arrives years late. If you wait until you feel forgiving before you choose to forgive, you will wait forever. Decide first. Let the heart catch up on its own schedule.

09

WALL FOUR

Forgive yourself, too.

For most people this is the hardest wall in the room. We extend to strangers a mercy we refuse ourselves, and then call it humility. If the Lord has released you from it, you are not entitled to keep charging yourself for it.

PSALM 51:1-7

10

RELEASE DOOR

You can always walk back in.

This is not a one-time transaction, and finishing does not mean you are finished. Old grief returns on anniversaries, at funerals, in a song on the radio. The room stays open. Come back as often as you need to, and lay it down again.

“The old life is gone; a new life has begun.”

2 CORINTHIANS 5:17

One thing before you put this down. Go back and circle the takeaway you did not want to read. Write one name beside it. That is where your walk through the Healing Room starts — and the Forgiveness Workbook will take you the rest of the way.

[ENTER THE ROOM →](#)