

Reasons Why We Don't Forgive

1. **Pride** - forgiving someone makes me look weak. I want to be strong and superior. I'm right and I don't have to give in. *But pride is what keeps me in bondage and hinders growth.*
2. I don't want to give up my excuse-making system. *At first, freedom can be scary. I am out of my comfort zone. I will be learning a whole new way of living if I learn to forgive.*
3. If I were to forgive I would feel out of control. I want to feel in control and be able to manipulate others by holding the debt against them. *The truth is I am out of control when I cling to my hurt. I am the one in bondage.*
4. If I forgive, I may get hurt again. *The truth is I am going to get hurt again by others regardless of what I do. So the issue is what is the best response to these upcoming hurts so that I am not living in fear and being controlled by others.*
5. If I ignore it, the problem will go away. *The problem just gets buried and resurfaces later. Unresolved baggage from the past is brought into the present.*
6. **Revenge** - the person has to pay for it. They need to be punished and learn a lesson. I want to hang on to the right to be a judge. *I'm not God, and trying to play God will get me in trouble. Vengeance belongs to the Lord.*
7. **Failure to understand God's love and forgiveness for me.** *I cannot give a gift to someone unless I first have something to give.*
8. **Failure to forgive myself.** Before I can truly forgive others I must forgive myself. *I can only love my neighbor to the degree I love myself.*
9. **Seems too easy and unfair.** It seems I'm overlooking or condoning their sin. *No, in fact I am charging and documenting the debt and recognizing that Jesus died on the cross for that sin.*
10. **Waiting for the person to come to us first.** *It rarely happens.*
11. **The person isn't sorry for what they've done.** *Chances are they'll never be sorry. Forgiveness is primarily for my benefit. I don't need to wait.*
12. If I choose to forgive, I'm acting like a hypocrite because I don't "feel" loving and forgiving. *The truth is I'm a hypocrite if I don't forgive because my real nature in Christ is now a forgiving nature.*
13. **Waiting for a "convenient" time and a "feeling."** *It will never be convenient. I may never "feel" like forgiving.*
14. **Thinking it takes too much time.** I don't have time to forgive. *I can't afford not to forgive. I am the one in torment and in suffering.*
15. **Fear of feelings that might be stirred up.** *God knows how to gently get out the feelings that need to be healed. I won't die or go crazy.*