

My Forgiveness Journey

Previously: My soul was being held in bondage because of the anger, bitterness and resentment that I allowed to harbor inside. I was depressed, bitter and unhappy which resulted in a “spiritual poison” that allowed satan to work in my soul. I wasn’t enjoying the present moment. I was living in the past, carrying around my pain, which led to deep depression at times. When I realized that I did not like myself, and wasn’t enjoying life, I knew it was time to begin my forgiveness journey.

Today: **I AM FREE!** I have forgiven Adam for taking the life of my son, LEO. I no longer think of Adam as an animal, but as a person who God loves and I can now call Adam. I no longer have hate or vengeance feelings toward him. I have been praying for Adam’s well being and salvation so he too could follow Christ and experience eternal life.

I AM Free – I am now free from the anger, bitterness and rage. As Matthew West says in his song “Forgiveness” – the prisoner that is set Free is ME!!

It is only with God’s Grace that I have forgiven Adam. I could not do it myself. I surrendered it all to God. One verse that has helped me on this journey is - "For if you forgive men when they sin against you, your heavenly Father will also forgive you." (Matthew 6:14). Visiting with my Christian therapist and participating in a Grief Share support group has helped me stay focused.

To Me Forgiveness means:

- That what Adam did was not OK, he should not be released from jail. Justice will be served.
- That I will not forget. Forgiving and forgetting are not related, but are two separate realities.
- That I am not denying the pain, loss and hurt. I still feel the pain, sorrow and loss of losing a child, but I realize that Leo is in a better place.
- That Adam does not deserve forgiving. Forgiveness is for people who don’t deserve it, including me.
- I am taking responsibility for my pain, taking steps to heal it and not letting Adam or satan control me.
- I no longer have hatred in my heart and I am free of my resentments toward Adam.
- I am benefiting, not Adam. I feel whole and I have gained joy and inner peace and experience the freedom that comes from forgiving.

In This Forgiveness Process I Learned:

- God holds out his hand and walks with me. He is suffering with me and I am embracing and trusting in God’s word as I continue on my grief journey.
- I had a choice to become bitter or better, and I choose better. With the power of the Holy Spirit I have received God’s gifts of Love, Freedom and Healing over hatred, anger and bitterness.
- I have less anxiety, sleep better, relate better with others and I am more optimistic and positive.
- Forgiving has opened up my heart for Jesus Christ to heal my soul as I move forward.
- Forgiveness is not a feeling, but more of a decision or choice. It is a spiritual choice given in the power of the Holy Spirit. Forgiveness is a process, it took prayers and hard work, it is ongoing and I will need to continue forgiving.

Some may say-so soon? This is the result of many tears along this undesirable journey. As a mother, I work at my grief everyday, I have the time and that is where I chose to put my energy. Living on a farm and raising five children didn’t allow much time to focus on myself. Now that each is grown and independent, I am finally taking care of myself. I have gained a wisdom that only comes from suffering.

“The weak cannot forgive. Forgiveness is the attribute of the strong.” - Gandhi

Yes – I have written a forgiveness letter to Adam, which I don’t plan on sharing with him, because this is about ME and not about him. I am deeply grateful that Gods Love urged me to make the decision to forgive. Thank You Lord Jesus for keeping me from destroying myself with the bondage of unforgiveness, and for the Joy, Freedom and Peace my choice of Forgiving has brought ME.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God has forgiven you.” – Ephesians 4:32

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