

WELCOME

Welcome to Fight To Forgive: The Plan!

FTF: The Plan is a forgiveness program that EQUIPS you to live a FORGIVEN and FORGIVING life. The vision behind this program is to equip you not only to forgive but also to live an unoffendable life through the 12 Forgiveness Principles. While forgiveness is often oversimplified as simply being a “choice” one makes out of “obedience” to one’s faith, an act of “letting go of” or “releasing an offender” and the feelings of vengeance, or “canceling a debt” often viewed as an apology or making of amends, forgiveness is much more complex.

What is Forgiveness:

- Forgiveness is a fight to release resentment or vengeance towards someone who has harmed you, regardless of whether they deserve it or not, their actions, and the negative impact created.
- Forgiveness changes the future by letting go and giving up all hope for a better past.
- Forgiveness doesn’t try to obliterate wrongs or the negative impact created; instead, it alters the effect of both.
- Forgiveness is a reaction to wrongs based on an intentional and deliberate response to the cross of Christ and one’s personal forgiveness.
- Forgiveness results in living a life no longer negatively impacted or influenced by the wrongs, wounds, or events created by a person.
- Forgiveness is an intentional response to wrongs, honored by a lifetime of choices.
- Forgiveness is a doorway to the possibilities of reconciling relationships.
- Forgiveness is a skill learned and practiced until it becomes as automatic as breathing.

This program aims not only to teach you HOW TO FORGIVE, but more importantly, to equip you with the principles to make forgiveness as automatic as breathing, so that you can ultimately live an unoffended life. When equipped in each Forgiveness Principle, at the right time and when needed, you will know how to overcome the obstacles to forgiving as you are reminded through the teachings, stories, and exercises shared. Learning how to forgive is not a linear “journey”. It isn’t an easy “process”, and no single approach can be taken to overcome the negative feelings and emotions towards an offender, what was done, and the repercussions created. Forgiving is a fight... it is messy... it is unpredictable... but know this: IT IS ALWAYS POSSIBLE!!!

Through a mixture of “showing & telling”, each episode has been created to help you “create distance” and “make strides” in forgiving. Each video episode will be a brief documentary moment of Kevin's fight to forgive, along with teaching segments featuring a powerful story of a FORGIVER who provides a great example of each session principle lived out. Depending on the episode’s length, if needed, complete each session in two sittings.

Sitting #1: Watch the 30-50 minute episode

Sitting #2: Go through the Workbook Summaries to help recall the previously watched episode and complete the questions/exercises.

You are never alone in this fight! We at Fight to Forgive are cheering you on and are available to assist you on our social media pages.

Love and strength to you,

Kevin & Sarah Ramsby



INSTRUCTIONS

HOW TO COMPLETE EACH EPISODE

1. Print the downloadable workbook for the current episode.
2. Watch and take notes using the NOTES pages provided in the workbook (up to 50 minutes).
3. Review the STATEMENT TO HOLD ON TO, KEY SCRIPTURES, and TAKEAWAY summaries in the workbook (up to 10 minutes).
4. Review and answer the BIG QUESTION (up to 10 minutes). If doing this program in a small group setting, have each person share their answer to the BIG QUESTION. Following everyone's honest, vulnerable, and confidential responses, conclude the group time praying for one another.
5. Complete THE EXERCISE for each session (up to 30 minutes).