



SIGNS OF UNFORGIVENESS

There are definite warning signs when you have not forgiven. One or more of the following may be manifested:

- struggling with disobedience to God without gaining consistency in your spiritual growth
- having a persistent anger problem, outward or inward
- blaming others for your problems
- being moody or frequently depressed
- suppressing and “stuffing” feelings; minimizing or excusing others’ sins
- being very superficial in relationships
- withdrawing emotionally or physically from others
- having negative, ungrateful attitudes toward God, situations and others
- gossiping and/or “venting” to others about the offender(s)
- sensing God’s presence is far from you; fellowship with God is hindered
- dwelling on self-pity; feeling victimized
- having difficulty forming and maintaining close, meaningful relationships
- excusing your sinful responses toward others’ offenses
- retreating into fantasy to cover the painful realities of others’ offenses