

WARNING SIGNS OF UNFORGIVENESS

There are definite warning signs when you have not forgiven.
Check those that may be characterized in your life.

- ___ 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