

## **9. KEEPING YOUR PROMISE**

1. "Now we must consider the practical matter of keeping the promise you made when you granted another forgiveness."
2. Does genuine forgiveness erase the consequences of sinful behavior?
3. Right and wrong ways to "bring-up" former sins — judgement or help?
4. What to do when you break your promise to forgive, when you have thrown another's past sin into his teeth?
5. Disciplined thinking about forgiveness. Try making and using a "Philippians 4:8 Think List." This can be especially helpful to those who are having trouble disciplining their minds. Write out a carefully thought-out, mind-engaging topic.
7. Omit periods of "brooding."