

The Cleansing Power of Forgiveness

Travis G. Parry, Ph.D.

travis@travisparry.com

www.travisparry.com/edweek



Repentance and
Forgiveness

Parable of the Unmerciful Servant

Unmerciful Servant

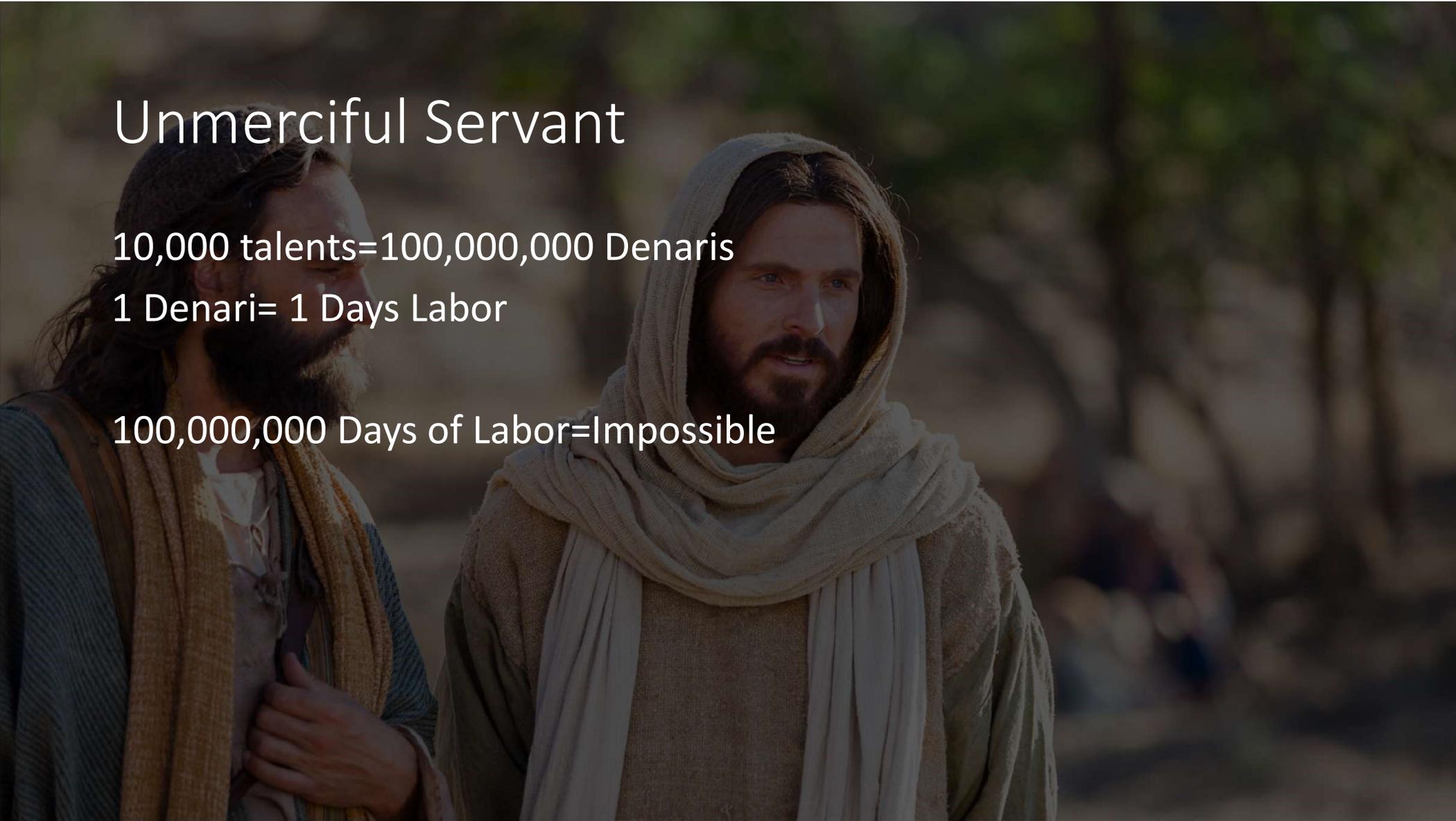
- **23 ¶** Therefore is the kingdom of heaven likened unto a certain king, which would ^atake account of his ^bservants.
- **24** And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents.
- **25** But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.
- **26** The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all.
- **27** Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt.

Unmerciful Servant

10,000 talents=100,000,000 Denaris

1 Denari= 1 Days Labor

100,000,000 Days of Labor=Impossible

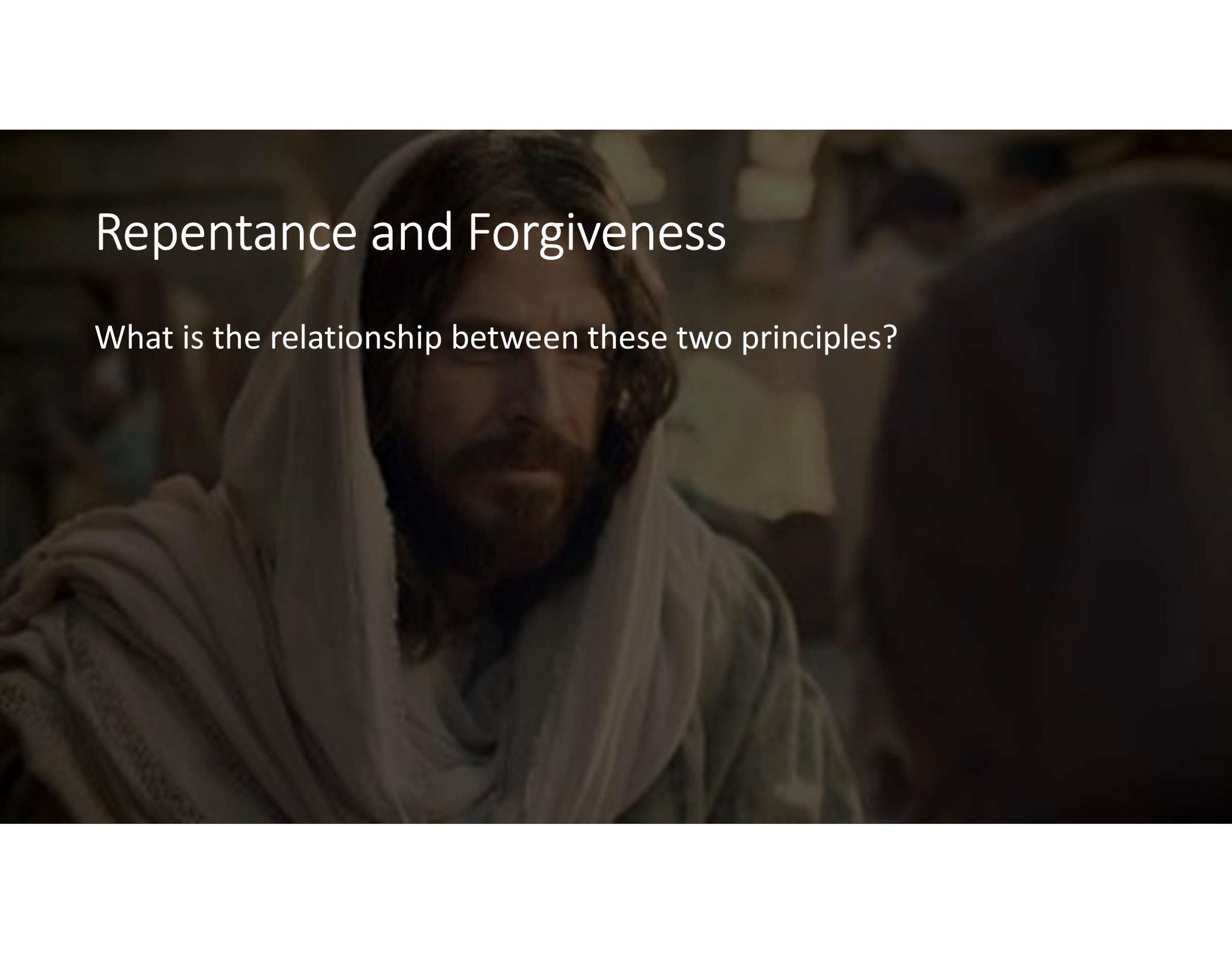


Unmerciful Servant

- **28** But the same servant went out, and found one of his fellowservants, which owed him ^aan hundred pence: and he laid hands on him, and took *him* by the throat, saying, Pay me that thou owest.
- **29** And his fellowservant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all.
- **30** And he would not: but went and cast him into prison, till he should pay the debt.
- **31** So when his fellowservants saw what was done, they were very ^asorry, and came and told unto their lord all that was done.

Unmerciful Servant

- **32** Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that ^adebt, because thou desiredst me:
- **33** ^aShouldest not thou also have had ^bcompassion on thy fellowservant, even as I had ^cpity on thee?
- **34** And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.
- **35** So likewise shall my heavenly Father do also unto you, if ye from your hearts ^aforgive not every one his brother their trespasses.



Repentance and Forgiveness

What is the relationship between these two principles?

And now it shall come to pass, that whosoever shall not take upon him the

NAME of Christ must be

CALLED by some other name; therefore, he findeth himself on the

LEFT HAND OF GOD. And I would that ye should

REMEMBER also, that this is the **NAME** that I said I should give unto you that never should be

BLOTTED OUT, except it be through

TRANSGRESSION; therefore, take heed that ye do not

TRANSGRESS, that the name be not

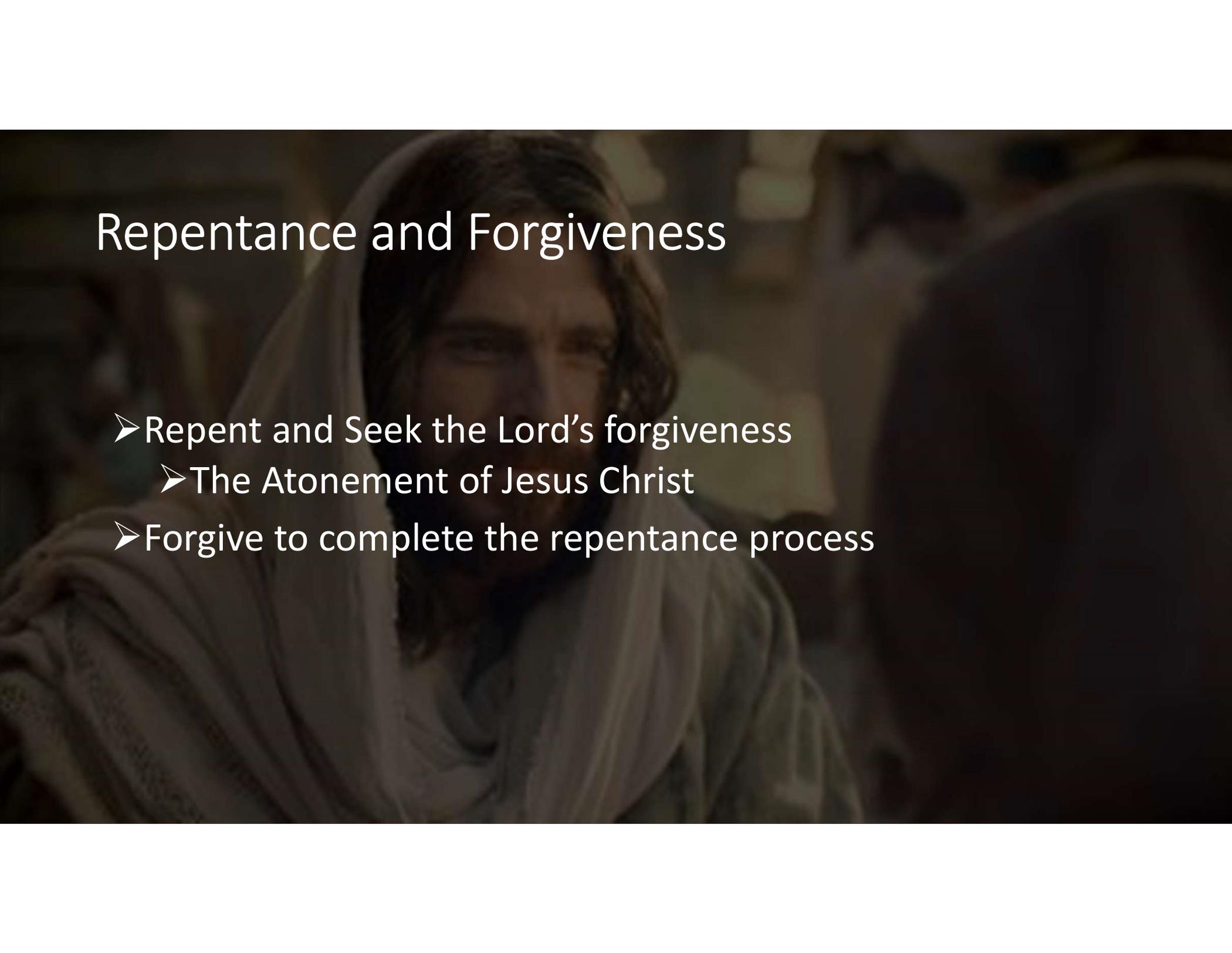
BLOTTED OUT of your hearts. I say unto you, I would that ye should

REMEMBER to retain the **NAME** written always in your hearts, that ye are not found on the

LEFT HAND OF GOD, but that ye hear and know the voice by which ye shall be

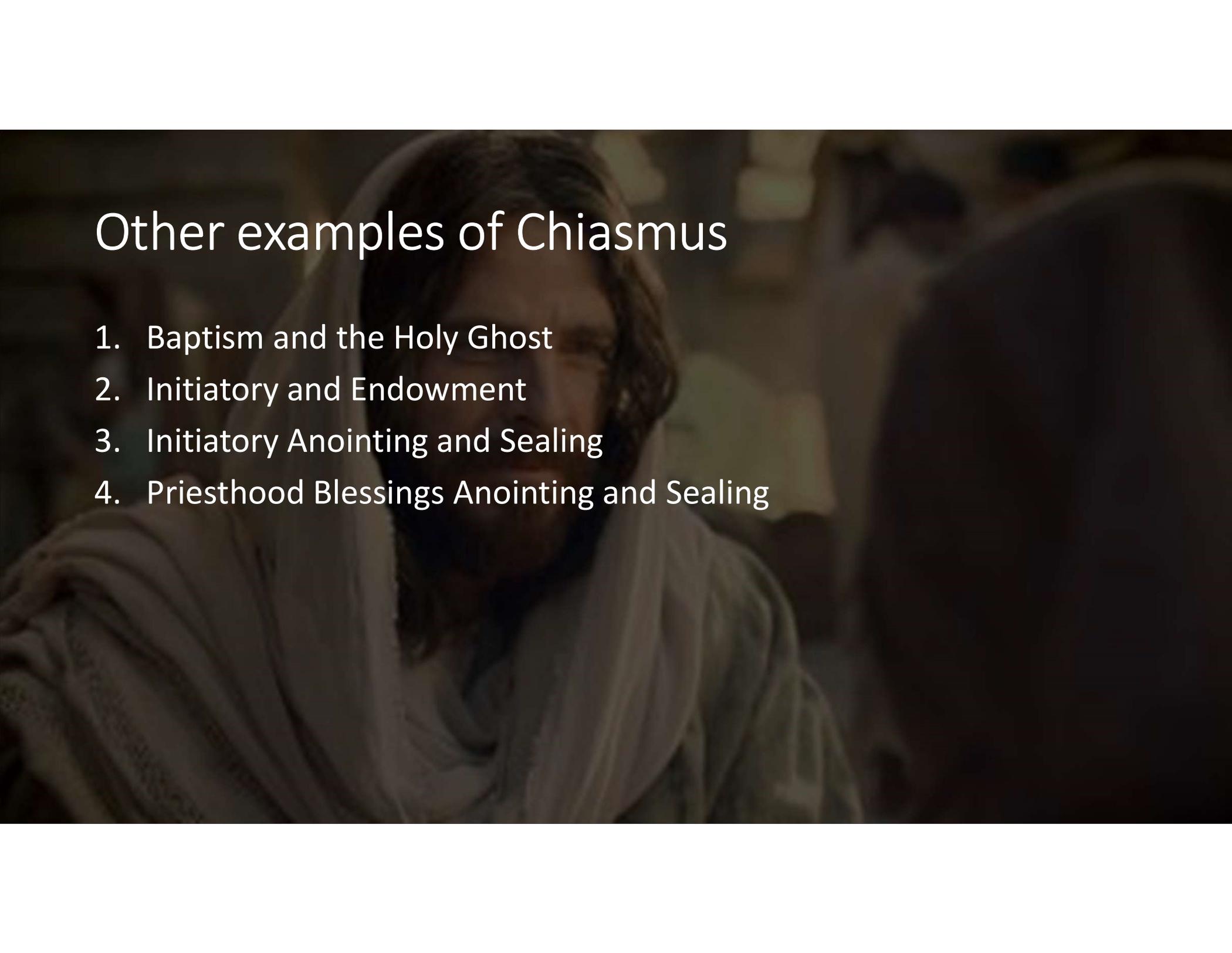
CALLED, and also, the

NAME by which he shall call you.



Repentance and Forgiveness

- Repent and Seek the Lord's forgiveness
 - The Atonement of Jesus Christ
- Forgive to complete the repentance process



Other examples of Chiasmus

1. Baptism and the Holy Ghost
2. Initiatory and Endowment
3. Initiatory Anointing and Sealing
4. Priesthood Blessings Anointing and Sealing

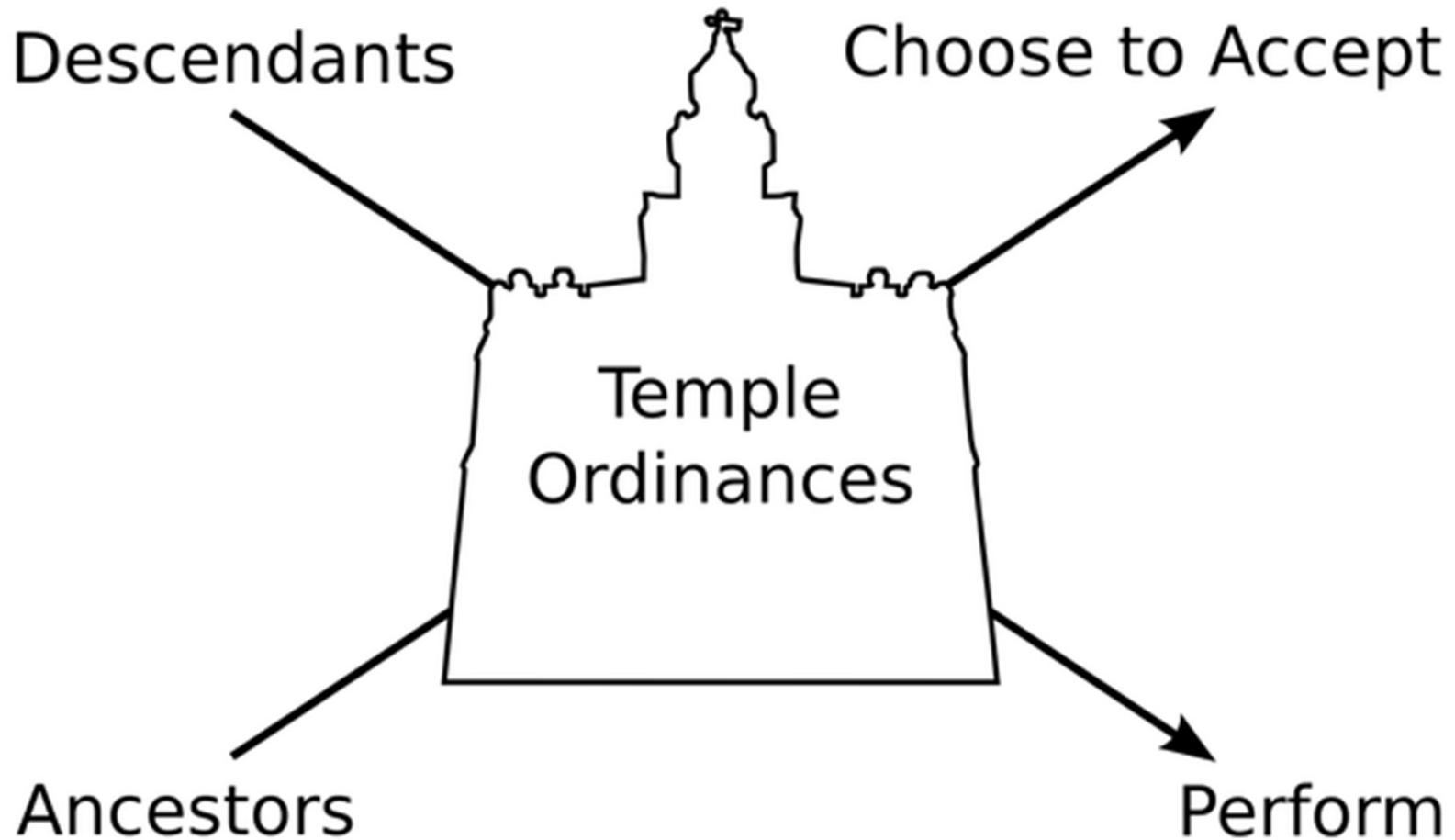
Descendants

Choose to Accept

Temple
Ordinances

Ancestors

Perform



Malachi 4:6

And he shall
turn the heart
of the fathers
to the
children,

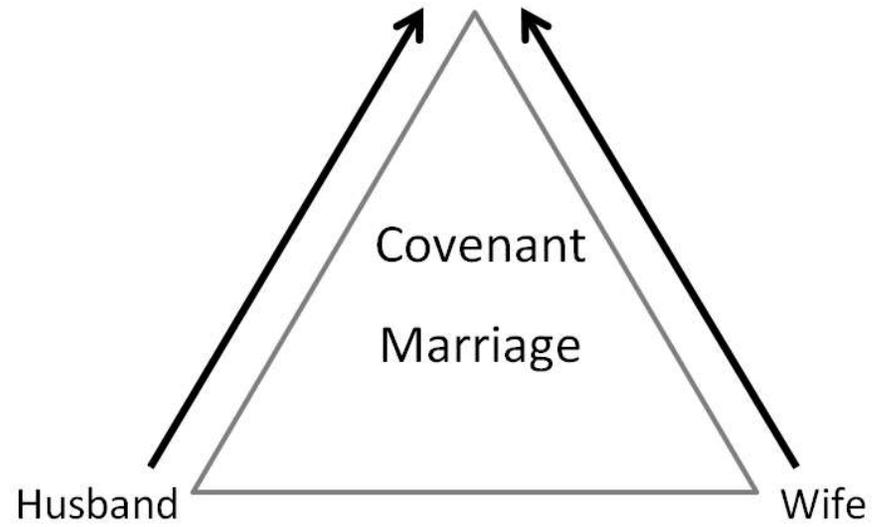
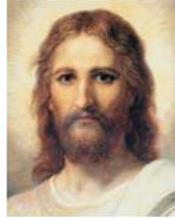
and the heart of
the children
to their
fathers...

*the scripture
of the day*

Elijah Appearing in the Kirtland Temple, by Dan Lewis







Chiasmus in the Book of Mormon



Alma 36

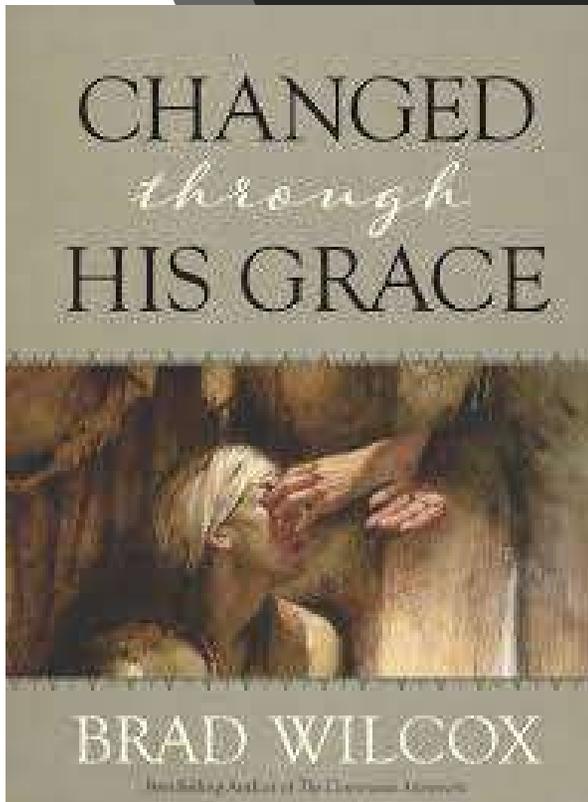
- A. Verse 1 *Keep the commandments, prosper in the land*
- B. Verse 2 *God's deliverance from bondage and captivity*
- C. Verse 3 *God's support during trials, troubles, and afflictions*
- D. Verse 4-5 *My knowledge is of God; Born of God*
- E. Verse 6 *Seeking to destroy the church of God*
- F. Verse 10 *Could not open mouth, or use limbs*
- G. Verse 14 *Soul racked with inexpressible horror*
- H. Verse 16 *The pains of a damned soul*
- I. Verse 17 *Remembering Jesus Christ, the Son of God*
- I. Verse 18 *"O Jesus, thou Son of God, have mercy on me"*
- H. Verse 19-21 *Pains no more, joy marvelous light*
- G. Verse 22 *Singing and praising; my soul did long to be there*
- F. Verse 23 *Limbs did receive strength; manifested unto the people*
- E. Verse 24 *Laboring to bring souls unto repentance*
- D. Verse 26 *My knowledge is of God; Born of God*
- C. Verse 27 *God's support during trials, troubles, and afflictions*
- B. Verse 28-29 *God's deliverance from bondage and captivity*
- A. Verse 30 *Keep the commandments, prosper in the land*

Brad Wilcox

Relational Grace (Brent Schmidt)

- Charis

- A system in which one person gave something of value to another, and the receiver gave service, thanks, and lesser value back to the giver



Relational/Chiasmus/Covenant

We don't take out our endowments

We receive our endowment of power and
make sacred covenants

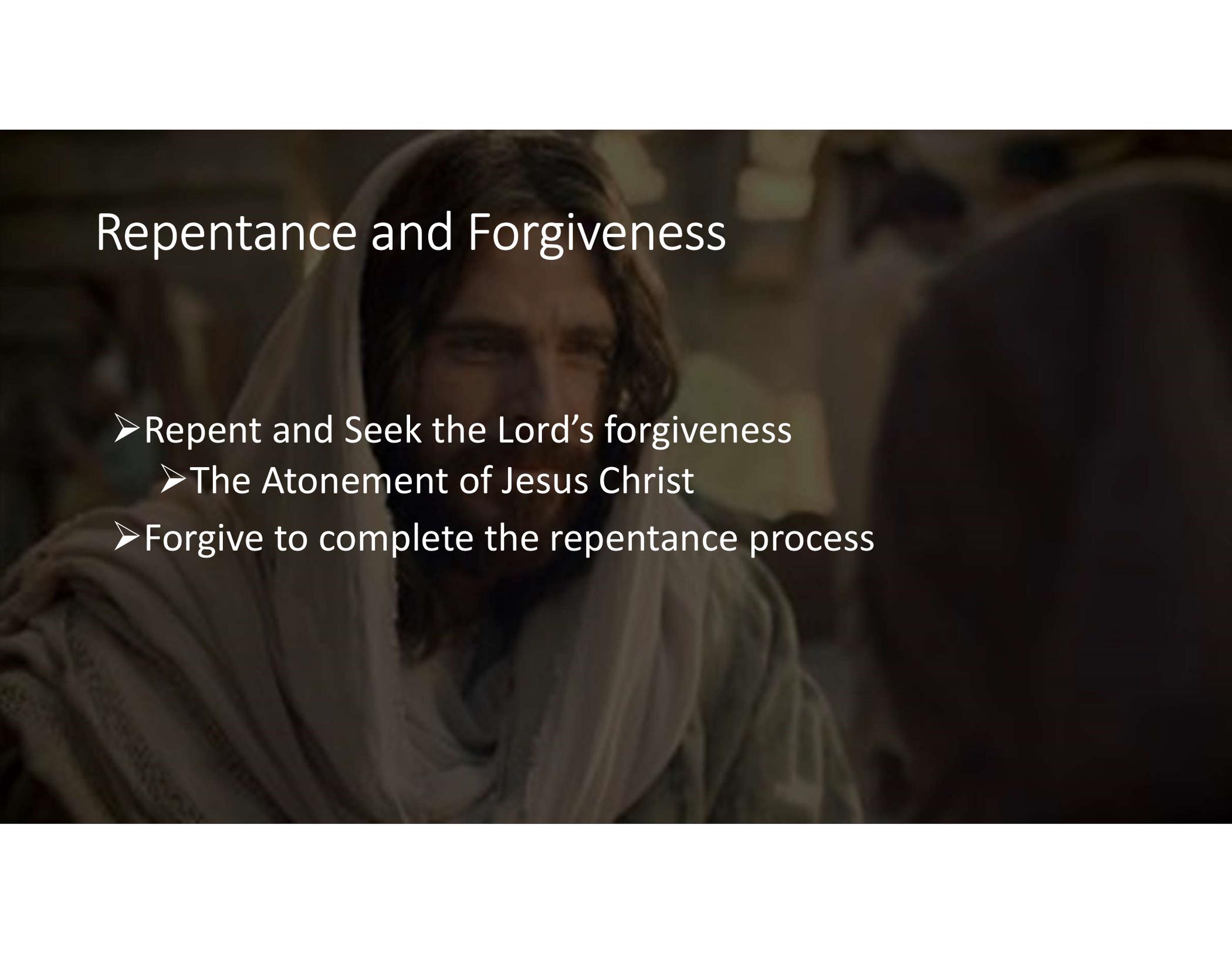


Relational/Chiasmus/Covenant



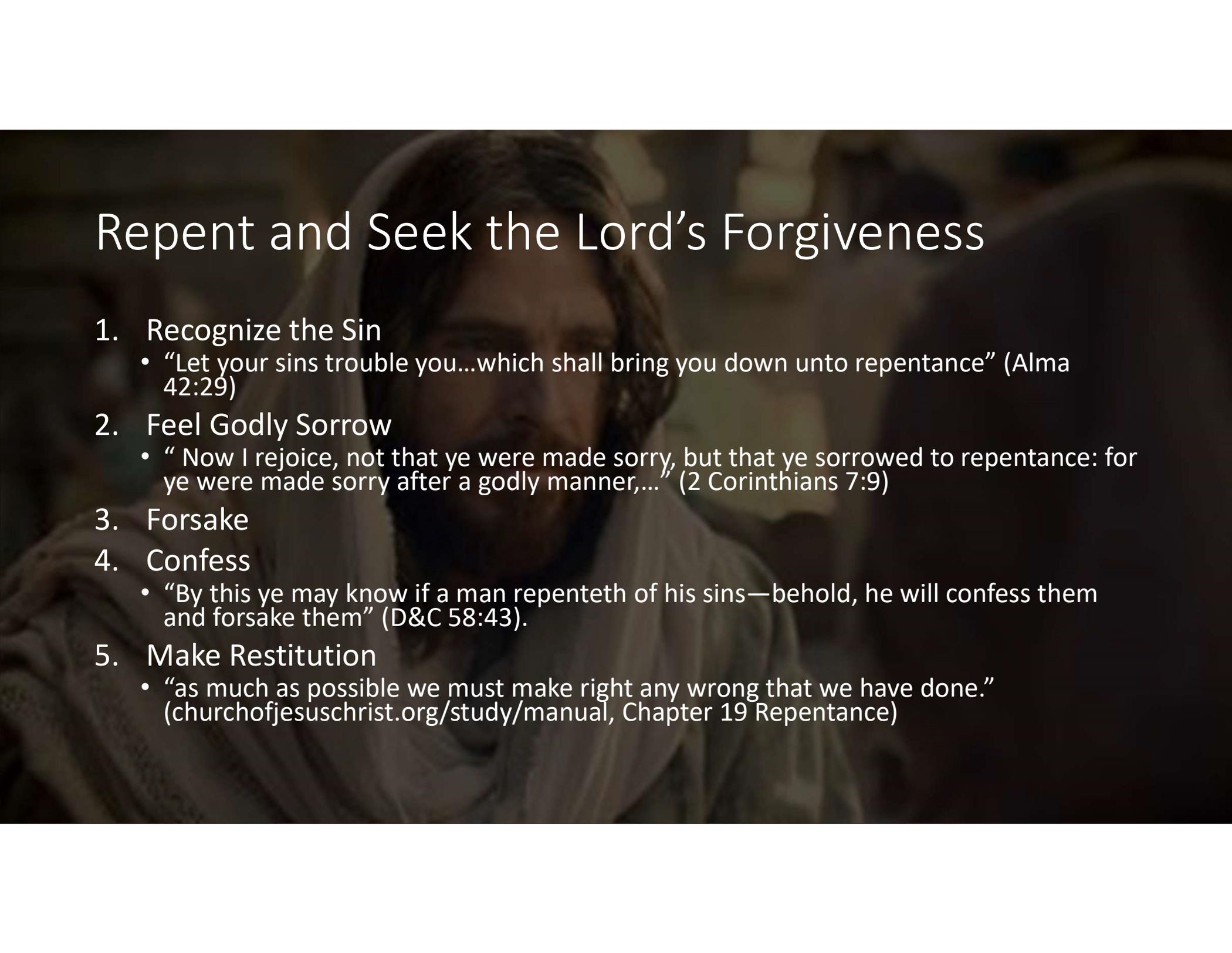
We don't get sealed to our spouse

We enter a sacred 3-way covenant with spouse and God with the promises beyond this world!!!!



Repentance and Forgiveness

- Repent and Seek the Lord's forgiveness
 - The Atonement of Jesus Christ
- Forgive to complete the repentance process



Repent and Seek the Lord's Forgiveness

1. Recognize the Sin

- “Let your sins trouble you...which shall bring you down unto repentance” (Alma 42:29)

2. Feel Godly Sorrow

- “ Now I rejoice, not that ye were made sorry, but that ye sorrowed to repentance: for ye were made sorry after a godly manner,...” (2 Corinthians 7:9)

3. Forsake

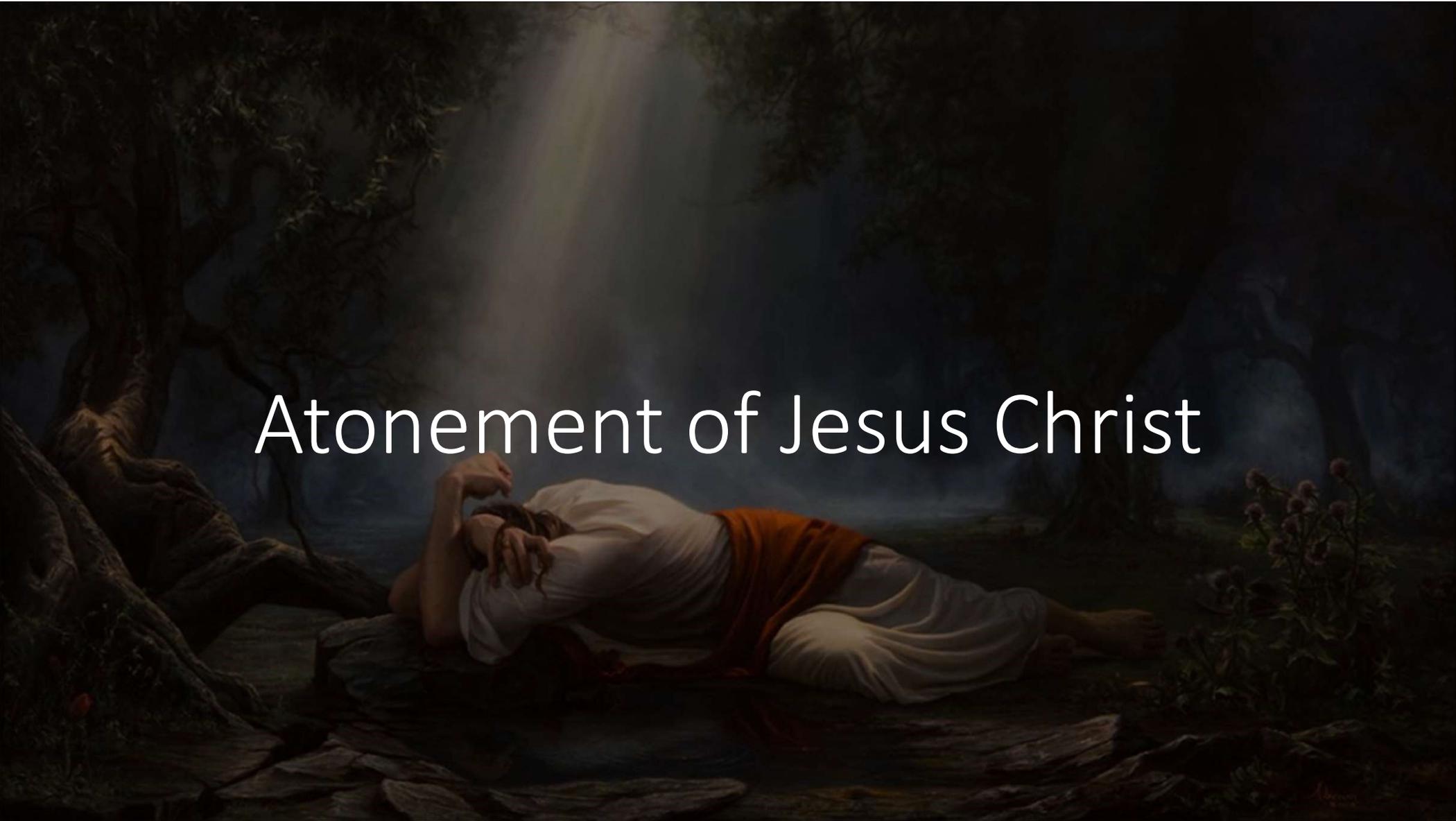
4. Confess

- “By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them” (D&C 58:43).

5. Make Restitution

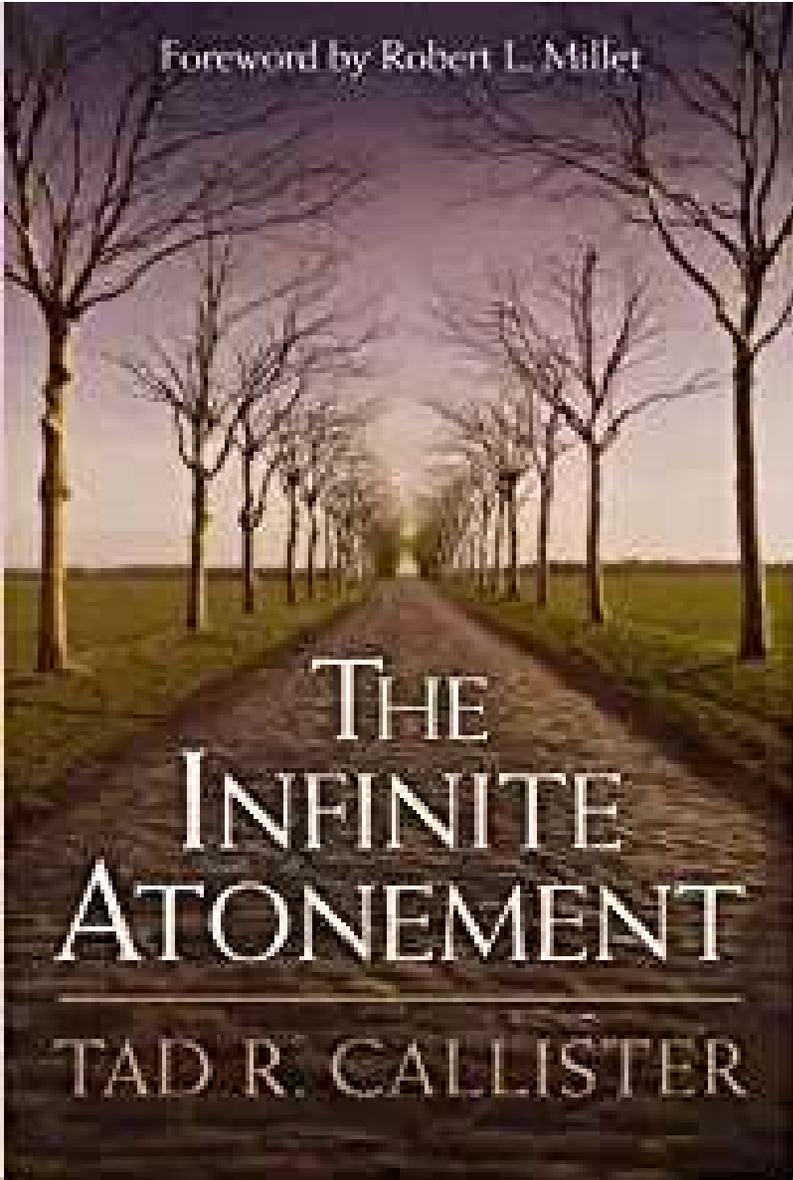
- “as much as possible we must make right any wrong that we have done.”
(churchofjesuschrist.org/study/manual, Chapter 19 Repentance)

Atonement of Jesus Christ





Foreword by Robert L. Millet



THE
INFINITE
ATONEMENT

TAD R. CALLISTER

“An infinite Atonement to a finite one that somehow falls short of their particular sin or weakness. But it is an infinite Atonement because it encompasses and circumscribes every sin and weakness, as well as every abuse or pain caused by others.”



Elder Jeffrey R. Holland April 2012 General Conference

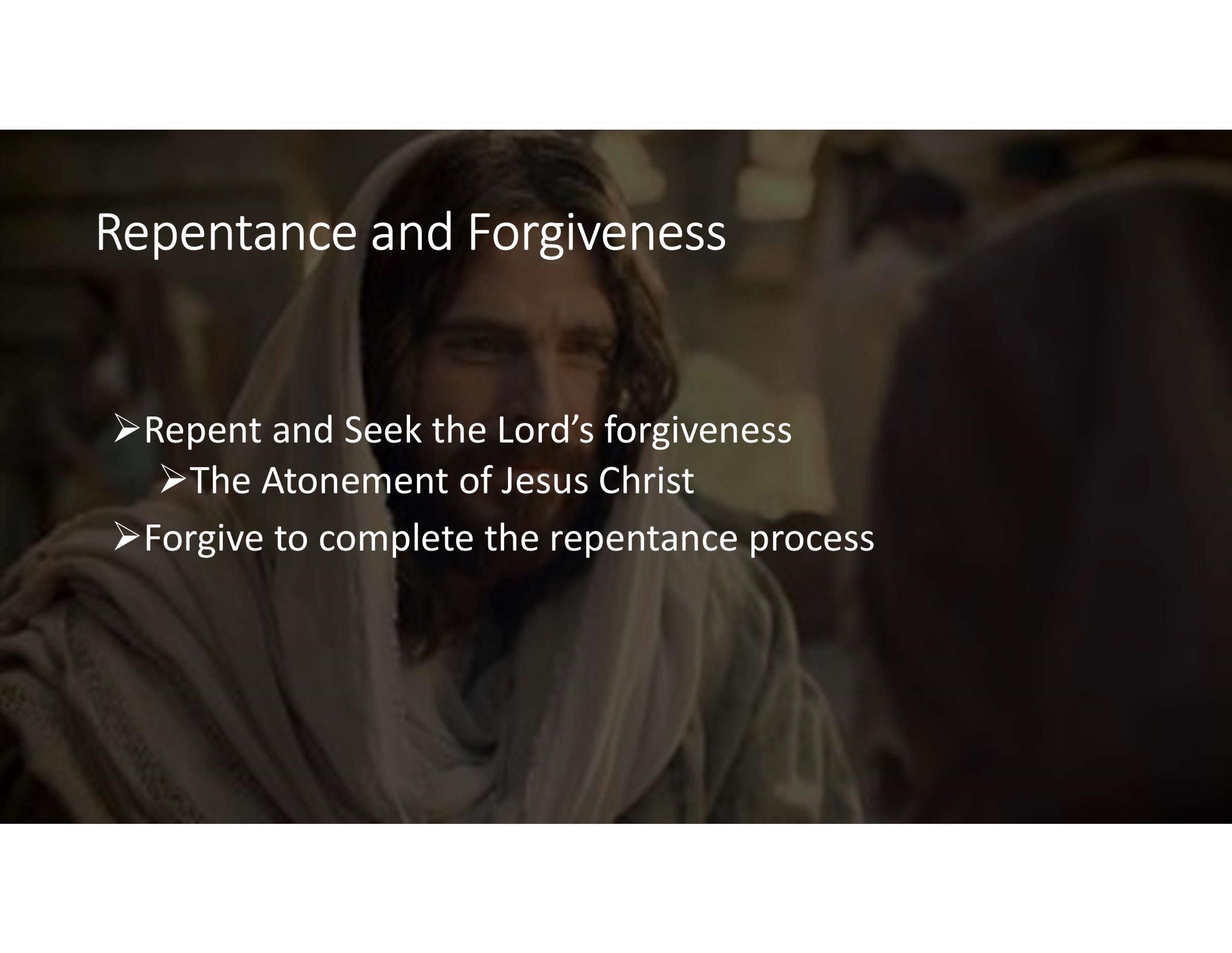
“However late you think you are, however many chances you think you have missed, however many mistakes you feel you have made or talents you think you don’t have, or however far from home and family and God you feel you have traveled, I testify that you have not traveled beyond the reach of divine love. **It is not possible for you to sink lower than the infinite light of Christ’s Atonement shines.**”

THE *Continuous* ATONEMENT

*Christ doesn't just make up the difference.
He makes all the difference.*

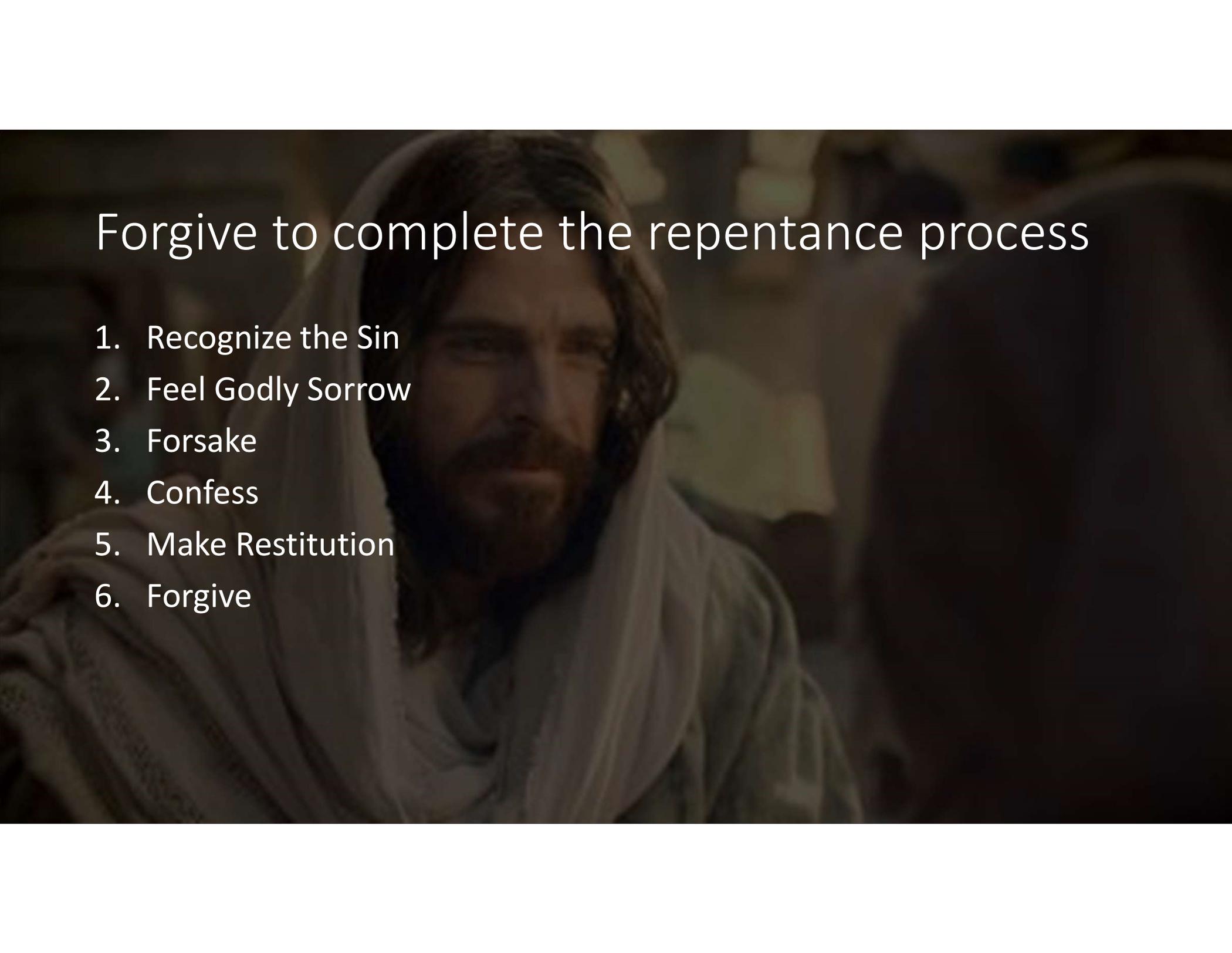
BRAD WILCOX

“We don’t get into heaven on Jesus’ coattails. Rather, He changes us until we fit His coat...The final judgement is not just an evaluation of a sum total of good and evil acts—what we have done. It is an acknowledgement of the final effect of our acts and thoughts—what we have become...”



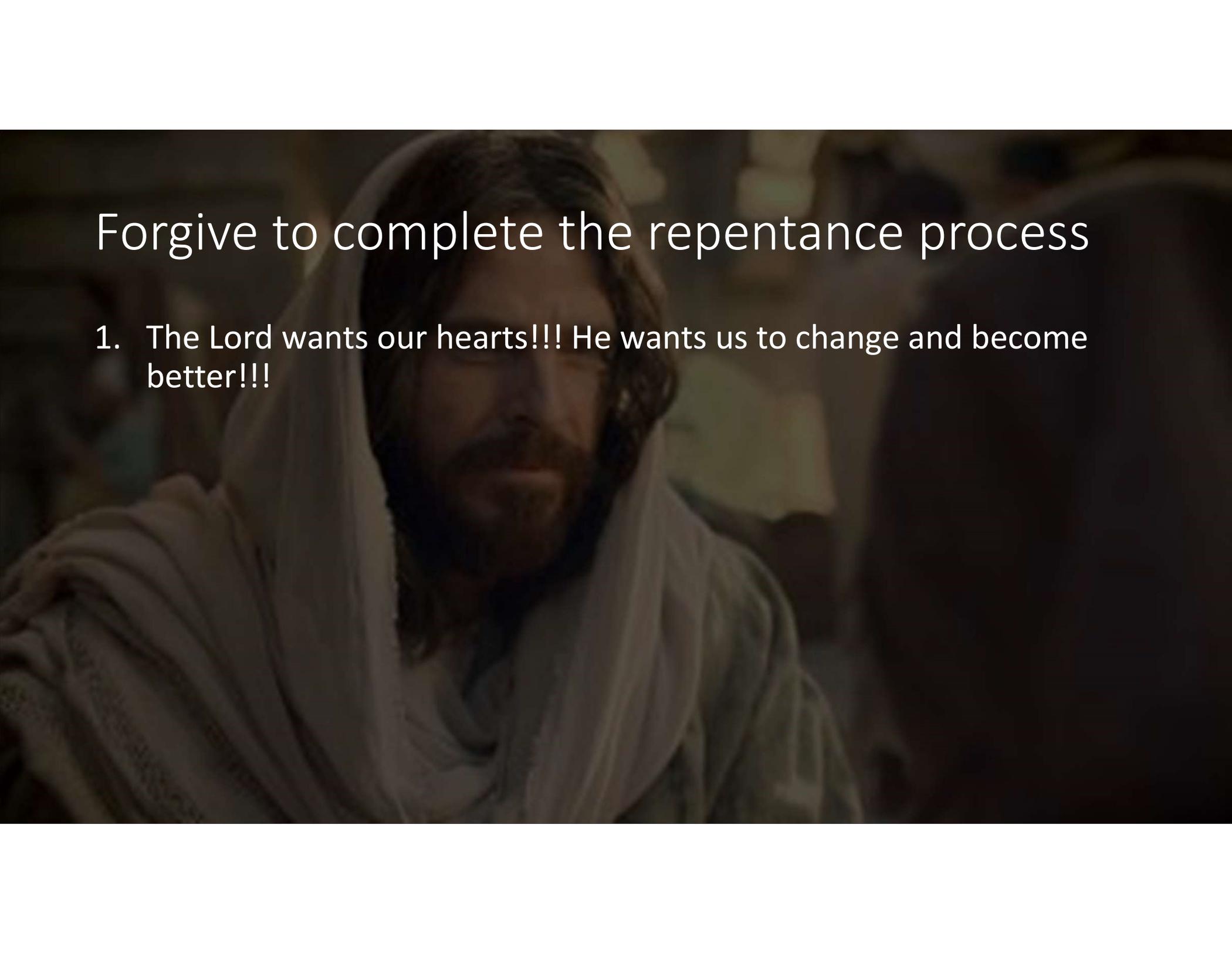
Repentance and Forgiveness

- Repent and Seek the Lord's forgiveness
 - The Atonement of Jesus Christ
- Forgive to complete the repentance process



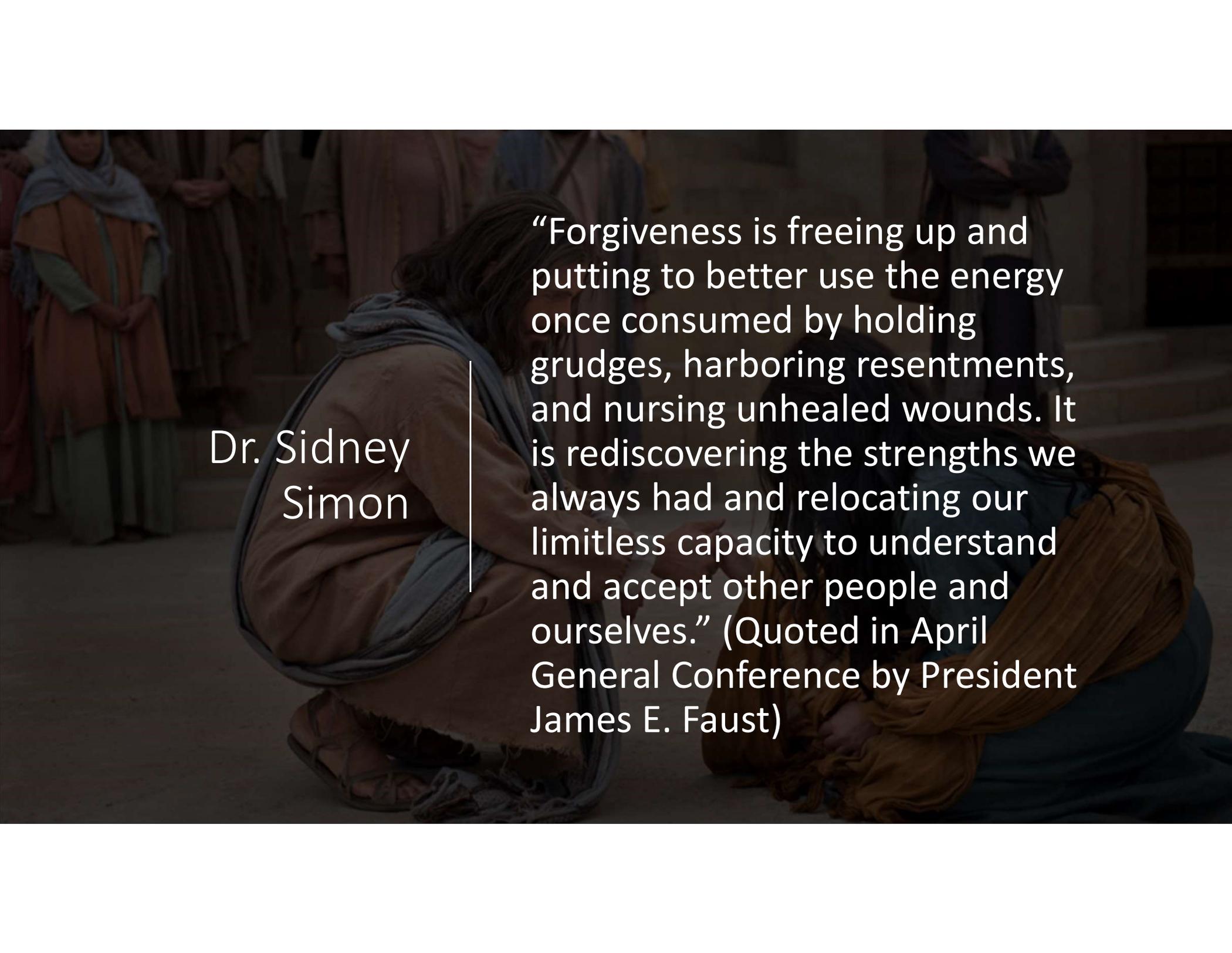
Forgive to complete the repentance process

1. Recognize the Sin
2. Feel Godly Sorrow
3. Forsake
4. Confess
5. Make Restitution
6. Forgive



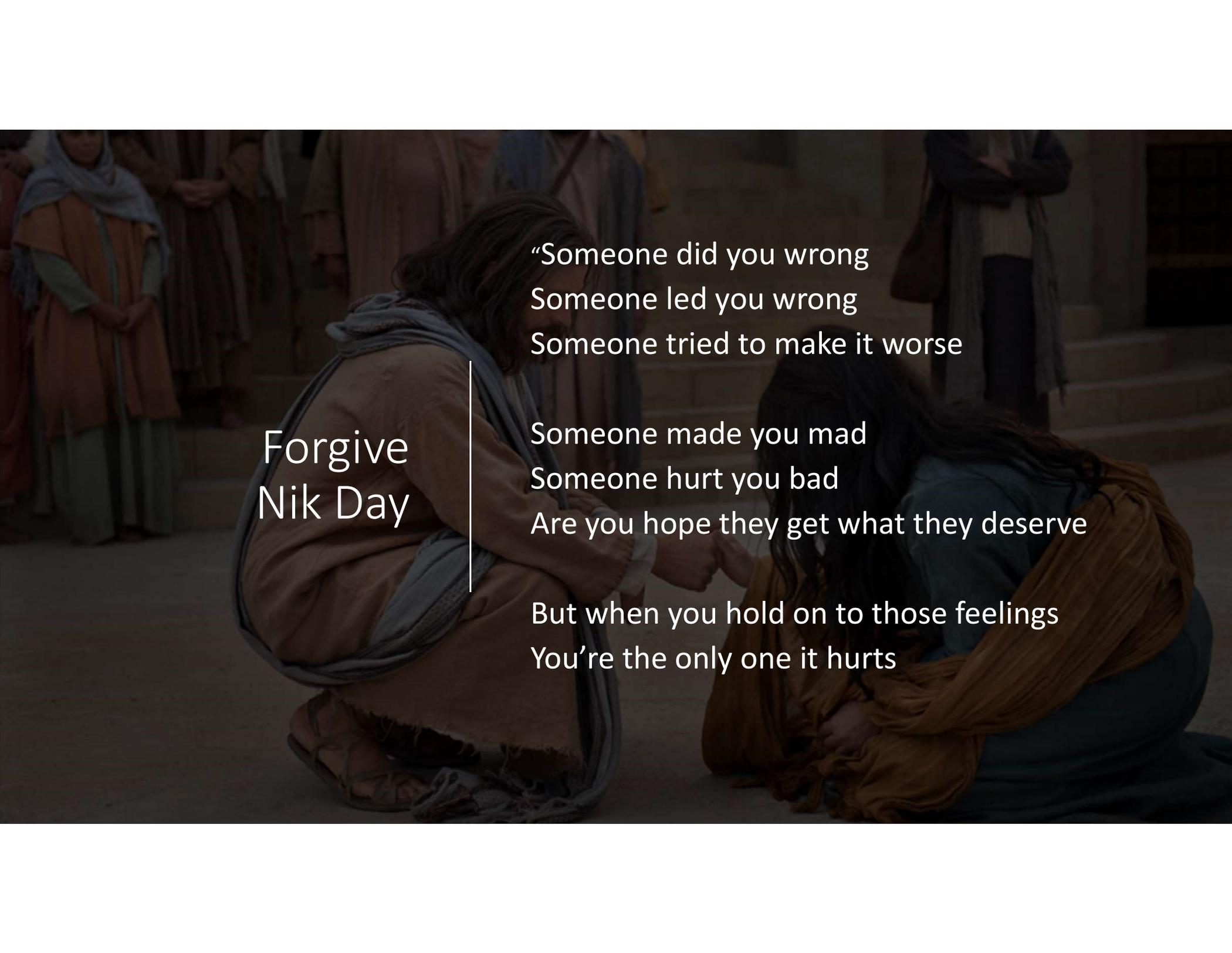
Forgive to complete the repentance process

1. The Lord wants our hearts!!! He wants us to change and become better!!!



Dr. Sidney
Simon

“Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. It is rediscovering the strengths we always had and relocating our limitless capacity to understand and accept other people and ourselves.” (Quoted in April General Conference by President James E. Faust)

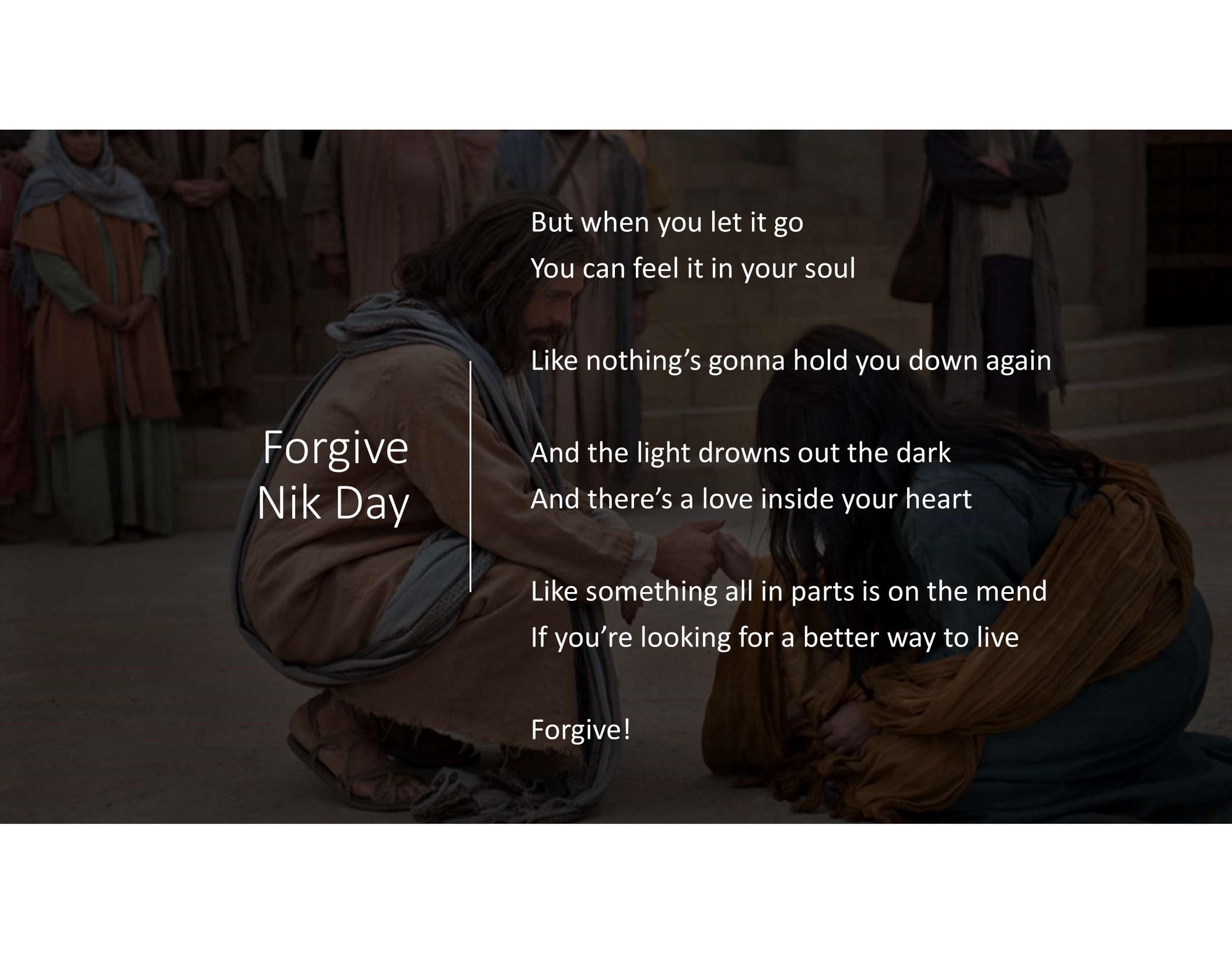


Forgive
Nik Day

“Someone did you wrong
Someone led you wrong
Someone tried to make it worse

Someone made you mad
Someone hurt you bad
Are you hope they get what they deserve

But when you hold on to those feelings
You’re the only one it hurts



Forgive
Nik Day

But when you let it go
You can feel it in your soul

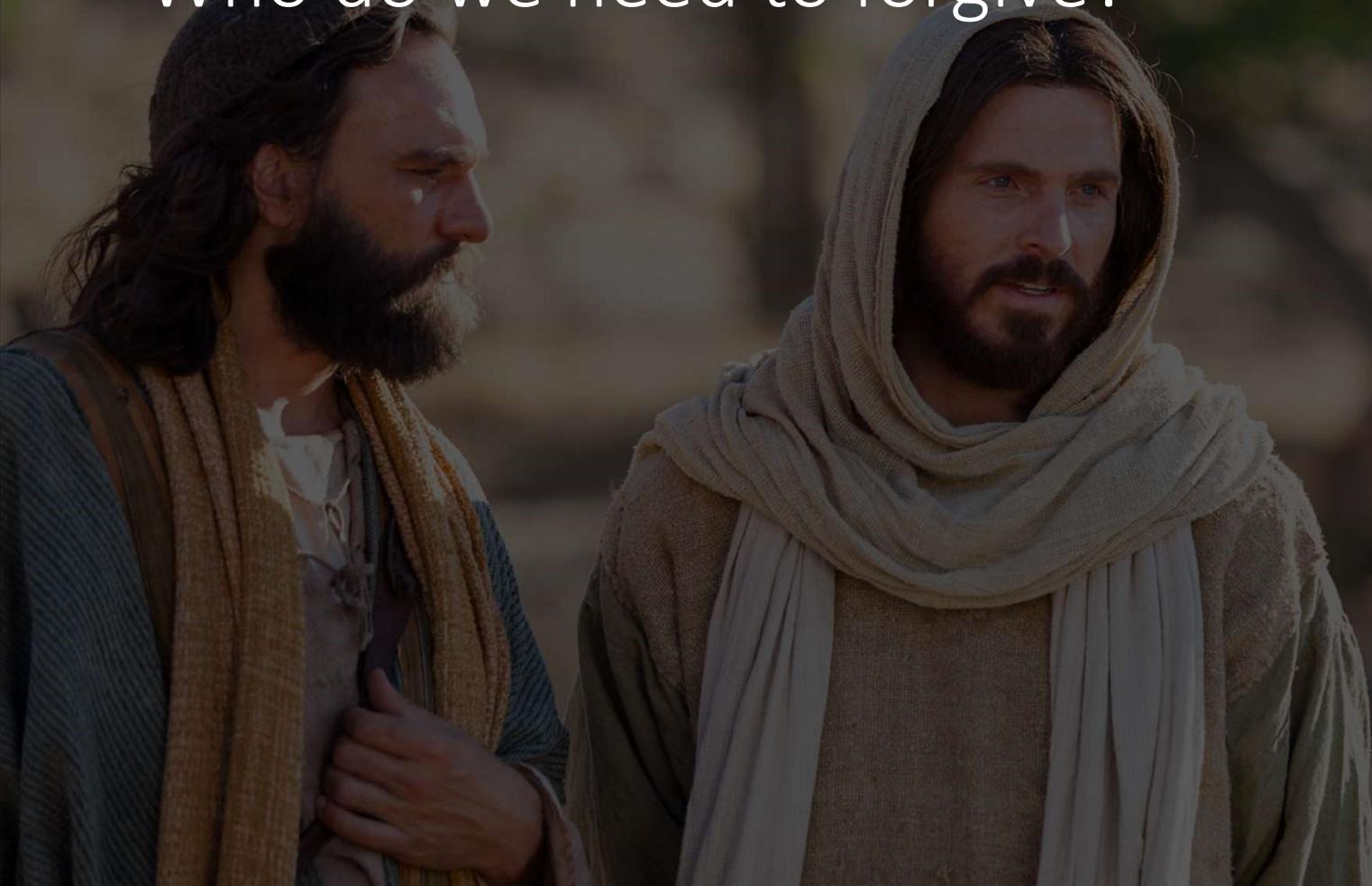
Like nothing's gonna hold you down again

And the light drowns out the dark
And there's a love inside your heart

Like something all in parts is on the mend
If you're looking for a better way to live

Forgive!

Who do we need to forgive?





Forgiving Ourselves

Falling to Heaven-we can't forgive ourselves. (James Ferrell)

Pop-psych says we can and takes away the need for Christ.



Forgiving Ourselves

No, without Christ we cannot forgive, but with him we can.



Forgiving Ourselves

We don't have power to forgive **sin**, but we do have power to forgive the **sinner**.

Elder Quentin L. Cook April 2016 General Conference

“Working with their bishop, most members can achieve all righteous requirements in a relatively short period of time if they have a determination to qualify and fully repent of transgressions. This includes being willing to **forgive ourselves** and not focus on our imperfections or sins as disqualifying us from ever entering a sacred temple.”





Elder Robert D. Hales April 2006 General Conference

“Finally, and most importantly, choose to believe in the Atonement of Jesus Christ. Accept the Savior’s forgiveness, and then **forgive yourself**. Because of His sacrifice for you, He has the power to ‘remember {your sins} no more.’ You must do likewise.”



Forgiving Ourselves

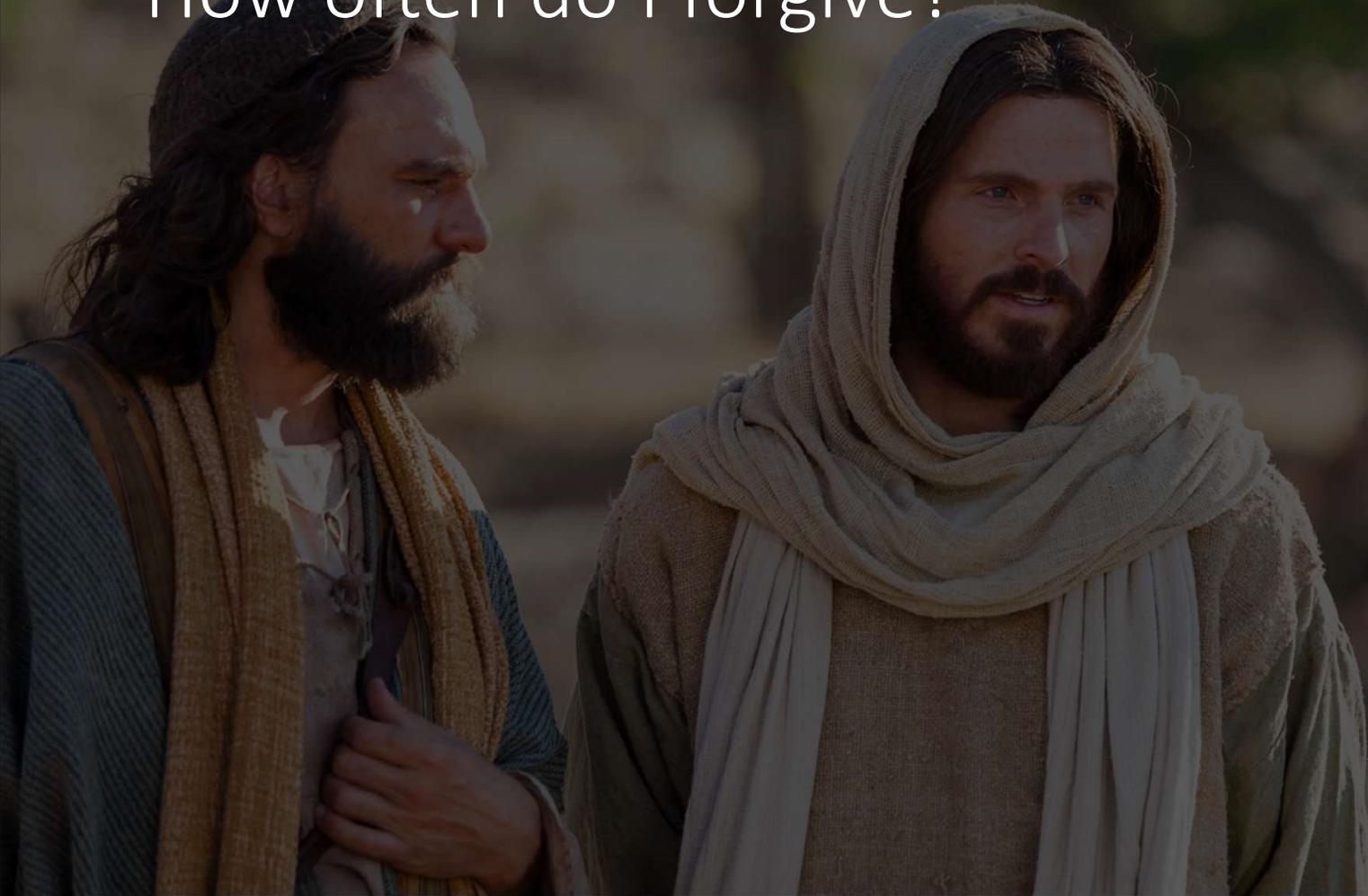
“I, the Lord, will forgive whom I will forgive, but of you it is required to forgive **all** men.”
(D&C 64:9-10)

Forgive Others

Brother's Story



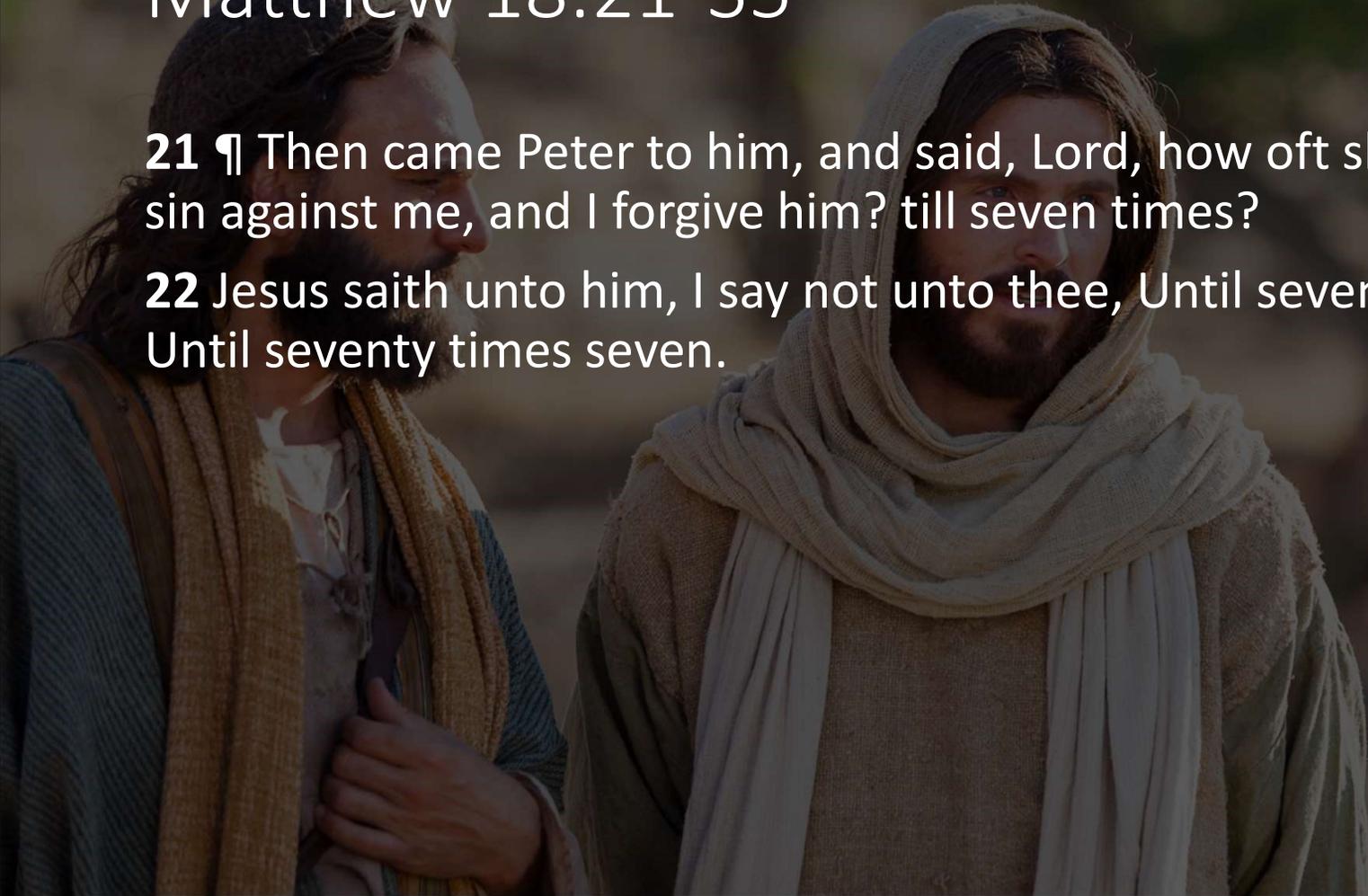
How often do I forgive?

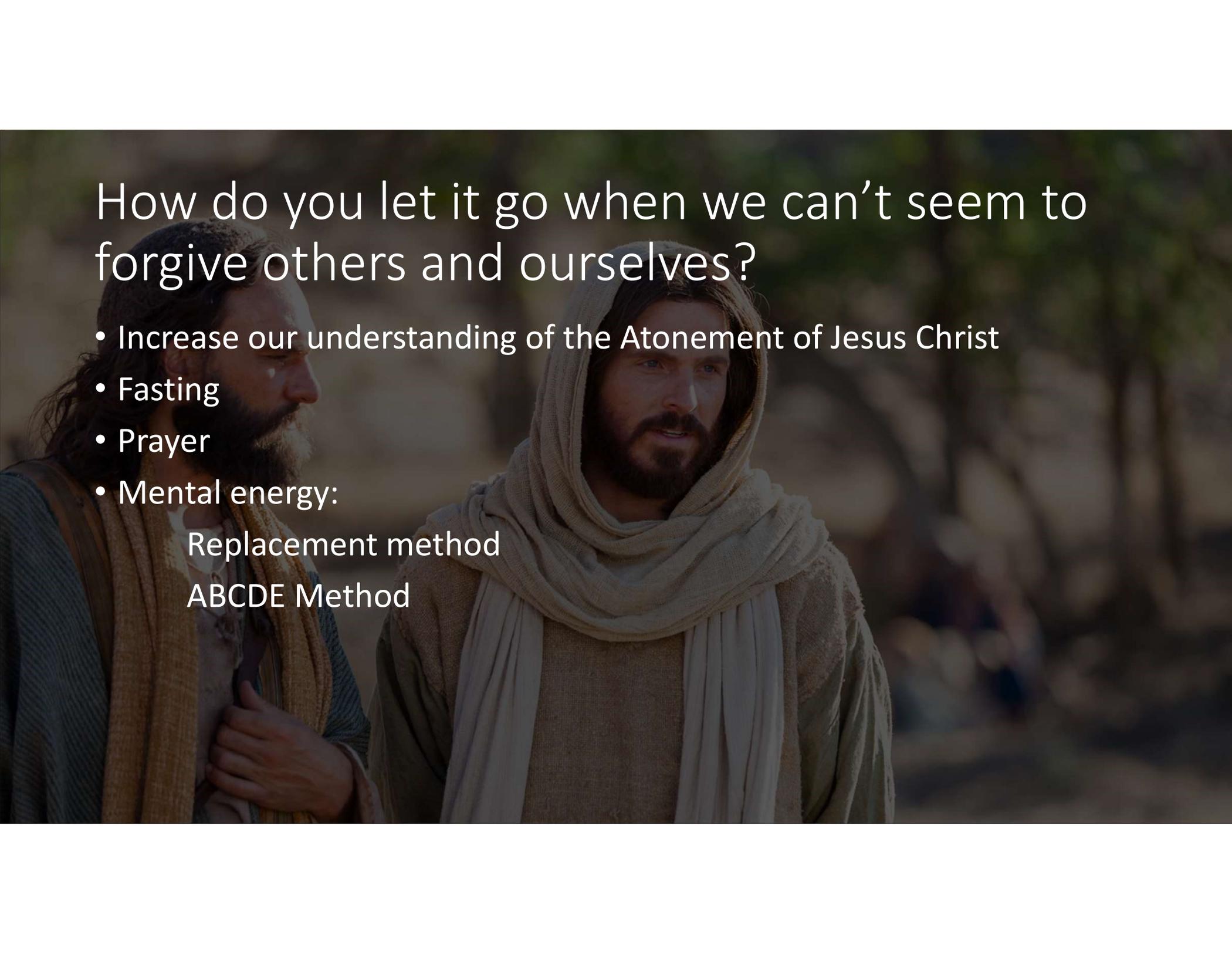


Matthew 18:21-35

21 ¶ Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?

22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.





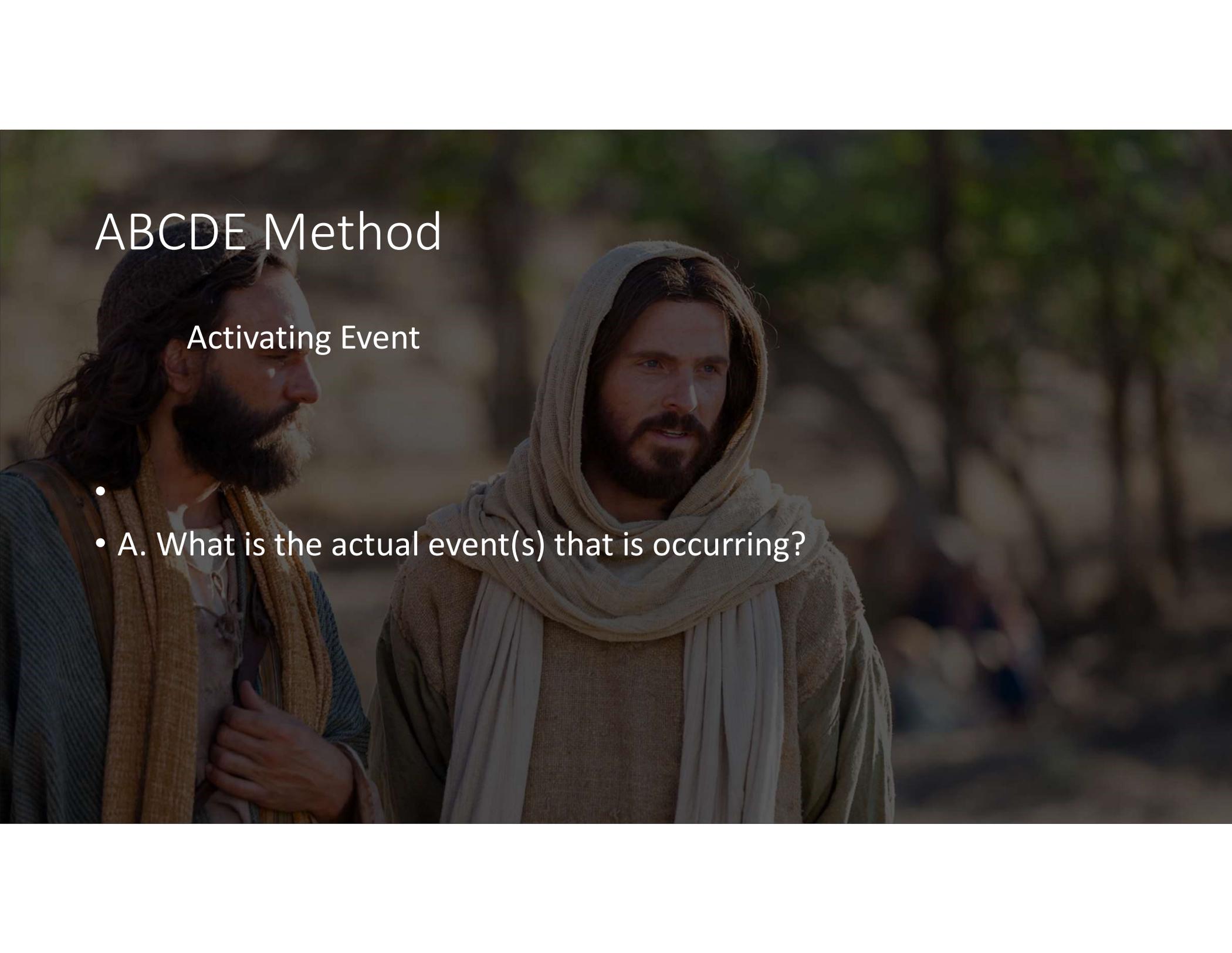
How do you let it go when we can't seem to forgive others and ourselves?

- Increase our understanding of the Atonement of Jesus Christ
- Fasting
- Prayer
- Mental energy:

Replacement method

ABCDE Method

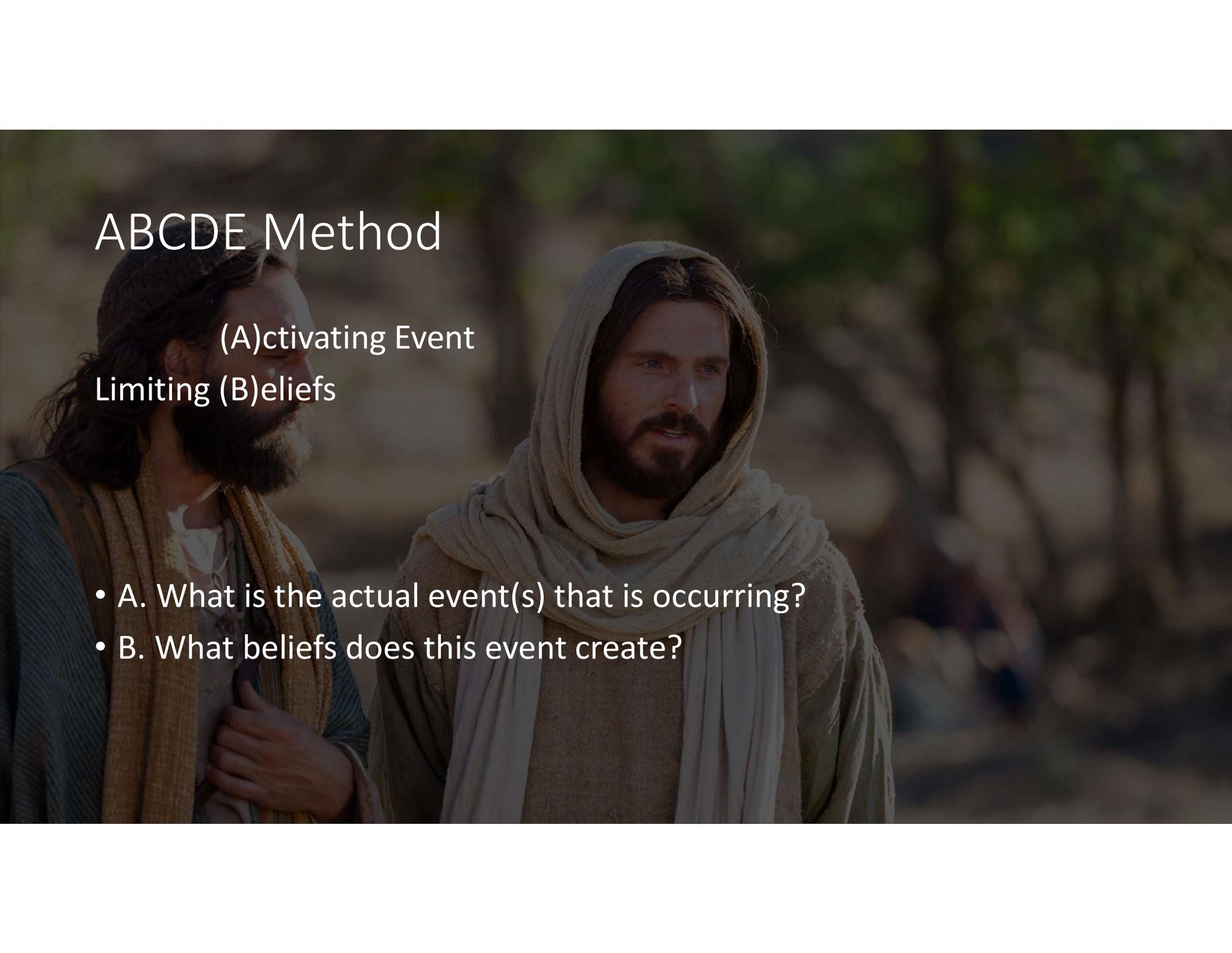
ABCDE Method



Activating Event

-
- A. What is the actual event(s) that is occurring?

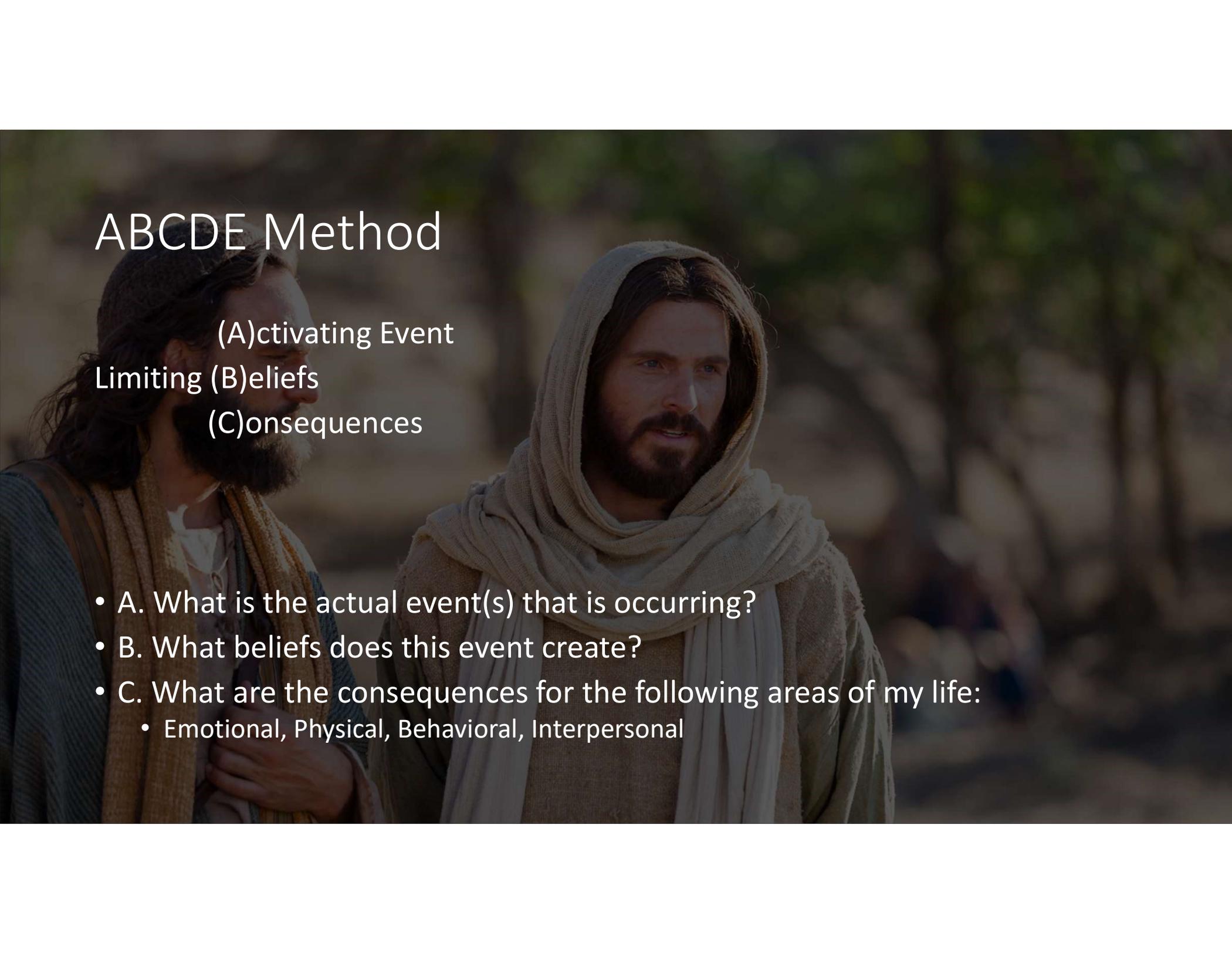
ABCDE Method



(A)ctivating Event
Limiting (B)eliefs

- A. What is the actual event(s) that is occurring?
- B. What beliefs does this event create?

ABCDE Method



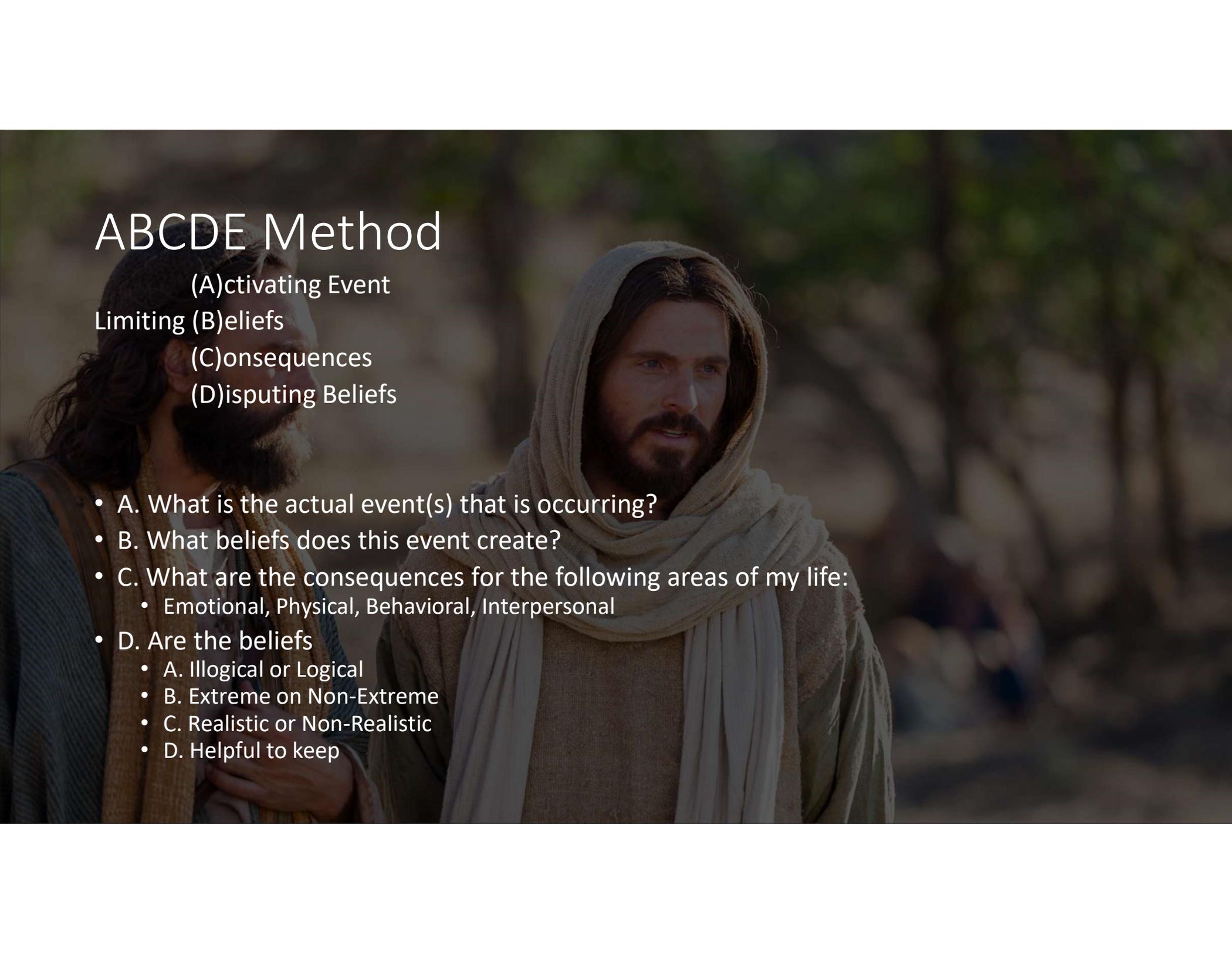
(A)ctivating Event

Limiting (B)eliefs

(C)onsequences

- A. What is the actual event(s) that is occurring?
- B. What beliefs does this event create?
- C. What are the consequences for the following areas of my life:
 - Emotional, Physical, Behavioral, Interpersonal

ABCDE Method



(A)ctivating Event

Limiting (B)eliefs

(C)onsequences

(D)isputing Beliefs

- A. What is the actual event(s) that is occurring?
- B. What beliefs does this event create?
- C. What are the consequences for the following areas of my life:
 - Emotional, Physical, Behavioral, Interpersonal
- D. Are the beliefs
 - A. Illogical or Logical
 - B. Extreme on Non-Extreme
 - C. Realistic or Non-Realistic
 - D. Helpful to keep

ABCDE Method

(A)ctivating Event

Limiting (B)eliefs

(C)onsequences

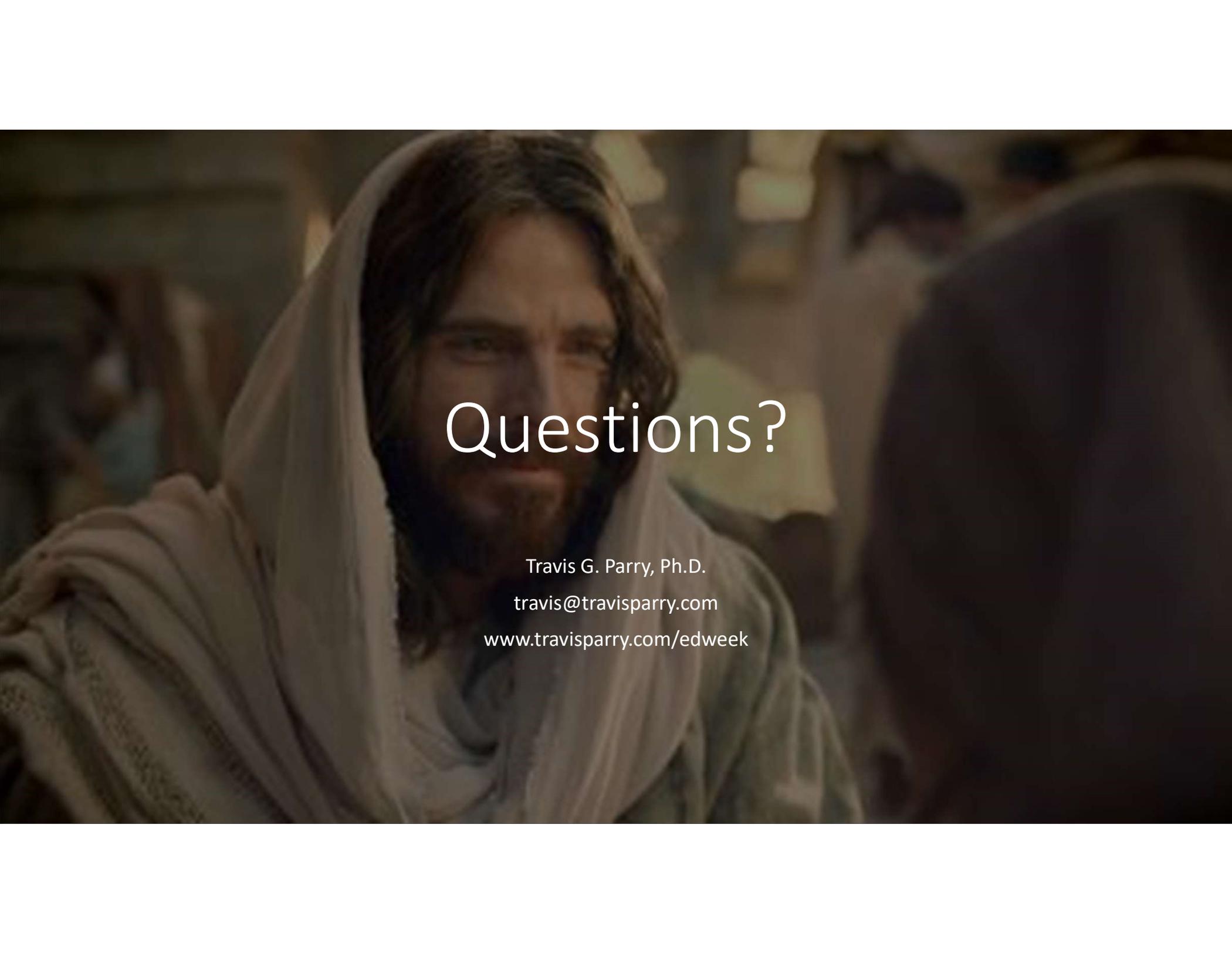
(D)isputing Beliefs

(E)ffective and New Outlook

- A. What is the actual event(s) that is occurring?
- B. What beliefs does this event create?
- C. What are the consequences for the following areas of my life:
 - Emotional, Physical, Behavioral, Interpersonal
- D. Are the beliefs
 - A. Illogical or Logical
 - B. Extreme on Non-Extreme
 - C. Realistic or Non-Realistic
 - D. Helpful to keep
- E. Statement opposite of the limiting belief

2 Stories of Forgiveness





Questions?

Travis G. Parry, Ph.D.

travis@travisparry.com

www.travisparry.com/edweek