**“Forgiving What You Can’t Forget”**

**Pastor Goodin Notes**

**Introduction-Chapter 2**

Below you will find some of my questions, comments, and quotes that allured my attention from reading the Introduction through Chapter 2. This is not a template or guide but rather how I approach our discussion.

* Do you ever find yourself defining life by before and after the deep heart?
* When we have personal marked moments in our own history it can feel like and after devastation.
* Pictures of the past are some of our most priceless treasures, until they become painful reminders of what no longer is. And when your phone randomly sends those memory movies of what happened on this same day four years ago, it stops you from breathing.
* Grief is devastating no matter how it comes.
* Forgiveness feels like a dirty word.
* Whose being hurt by our unresolved pain?
* You can’t edit reality to try and force healing.
* Emotional anesthesiologist.
* Don’t minimize hope to prevent pain.
* The ability to see beautiful again…… forgiveness is the weapon, our choices moving forward are the battlefield. Walking confidently with the Lord from hurt to healing.
* Forgiveness isn’t act of determination; Forgiveness is only made possible by my cooperation.
* Redemption between you and God, reunion between two people willing to do hard work to come back together.
* What feeling feeding the resistance that holds us back resonated with you? Pages 16-17
* Forgive and forget pg.18
* How often do you hyperspiritualize to the point where you deny your feelings rather actually deal with the pain?
* Am I processing life through the lens of the way I want it to be or the way it actually is?
* We can only heal what we’re willing to acknowledge is real.