

The Forgiveness Quiz: Fact or Myth

Mark each item as true or false.

1. _____ To forgive is to forget.
2. _____ Forgiveness is a one-time event. Once you forgive, you never have to do it again.
3. _____ In order to be forgiven, the offender must be sorry and ask for forgiveness.
4. _____ If one truly forgives, he or she reconciles with the offender.
5. _____ We can forgive another person without their knowledge.
6. _____ Forgiving means that we surrender our right to justice.
7. _____ When we commit a sin, we must ask God to forgive us over and over.
8. _____ We can forgive and still hold the other person accountable.
9. _____ Inability to forgive can interfere with our relationship with God.
10. _____ The only person who can forgive is the person who was offended.
11. _____ When one is able to forgive, the feelings of pain will disappear.
12. _____ When God forgives us, he desires reconciliation.
13. _____ We have not forgiven unless we can interact with the offender without malice.
14. _____ Change in behavior on the part of the offender is not necessary for reconciliation.
15. _____ God wants us to forgive others to model the forgiveness he offers us.
16. _____ Inability to forgive can affect our physical health.
17. _____ Forgiving means trusting the offender again.
18. _____ One can forgive and limit contact with the offender.
19. _____ When we forgive, we cancel the offender's debt to us as God does when we sin.
20. _____ Forgiving the offender excuses his or her behavior.