

**Agathos Ministries**  
Hosted at the Guardian Academy  
**2782-E Sweetwater Springs Blvd.**  
**Spring Valley, CA 91977**  
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**When the Bible Doesn't Say HOW to Do a Thing, HiUtU:** \_\_\_\_\_

How is Up to Us

We are TOLD to Forgive, but we are not told HOW to Forgive. Therefore, it is UtU. \_\_\_\_\_

Up to Us

**Forgiveness: JLIGHT:** \_\_\_\_\_

Just Let It Go

**WHO DO WE FORGIVE?**

**Who Do We Forgive? The Obvious: AWHU:** \_\_\_\_\_

Anyone Who Hurt Us

**The Less Obvious: O(fLIW):** \_\_\_\_\_

Ourselves (for Learning It Wrong)

*"It" is whatever lesson we learned that did, could have, or is causing damage to our lives.*

**Forgive ftMotM:** \_\_\_\_\_

Forgive from the Middle of the Memory

*This means we Forgive AWHU as they were at the moment they Hurt us. We Forgive Ourselves as we were at the moment we were Hurt and Learned the Wrong Lesson.*

**MaE:** \_\_\_\_\_ **So FftMotM means FWWR:** \_\_\_\_\_

\_\_\_\_\_ even if we now know it did not happen that way.

Memories are Emotional, Forgive What We Remember

**TLG, YMGI:** \_\_\_\_\_

To Let Go, You MUST Go Inside the Memory

**HOW DO WE FORGIVE?**  
**A Basic Forgiveness Technique**

**Get to the MotM:** \_\_\_\_\_

Middle of the Memory.

**The MotM is where the EiMI:** \_\_\_\_\_

Emotion is Most Intense

*Your Heart holds on to Memories with Emotion, and You React from Emotion.*

*To Let Go, You Must Go to Where You are Most Intensely Holding On.*

*If you let go from anywhere else, you will find that you haven't really let go.*

**Two Ways There: P&P:** \_\_\_\_\_

Prayer and Pondering

**What Does It LL, SL, FL?:** \_\_\_\_\_

Look Like, Sound Like, Feel Like

*Visual, Auditory and Kinesthetic are basic ways our brain processes information. Memories are Emotional, and Emotions are not always accurate. Let the Emotional Memory BE the Emotional Memory - it's how our Heart is holding on to it, and it's what is affecting us. It's not the "facts" that affects us.*

**1. MotM.** \_\_\_\_\_ **FIRST: FtOW:** \_\_\_\_\_

**2. DtW.** \_\_\_\_\_

**3. LIG.** \_\_\_\_\_ **SECOND: FYYS:** \_\_\_\_\_

**4. PIA.** \_\_\_\_\_

Middle of the Memory. Determine the Wrong. Let It Go. Put It Away.

Forgive the Original Wrongdoer, Forgive Your Younger Self

**Technique: TETC: TOL** \_\_\_\_\_

Take Every Thought Captive: Talk Out Loud

*"That's wrong. That's your problem. I forgive you. I put it down, leave it behind, and move on. This ends right here, right now. It's over. It's done." Then change the memory to a file and file it behind you.*

*"What he did was wrong. It was wrong of you to learn the wrong lesson from this. It was his problem, not your problem. You should have rejected this lesson. I forgive you. I put it down, leave it behind, and you and I will both move on. We both set aside this wrong lesson. It's over. It's done. The facts are in a file, but it doesn't hurt us or anger us anymore. We're finished with this."*