



SL4given Testimonies - Journey to Forgiveness

A pilot of the course “Journey to Forgiveness” was held among five groups (two of them young adults) across the GTA in Canada. These are some of the amazing testimonies of those who followed the course. These blessing can be yours too if you let the Holy Spirit release you from the bondage of unforgiveness. It’s an incredible feeling to be “freed to forgive”.

The SL Forgiven classes were really an eye opener for me. I have been blessed to have been brought up with parents that are Christians and for so long I thought that they have raised me right and taught me all there is to know about God and what his plan for us is and how we should follow him. But arriving at these classes has shown me that there are many things my parents haven’t gotten around to teaching me and I I’m quite thankful for the change these classes have brought in my life. I now feel like things that would once bother me and irritate me don’t have the same effect on me. I am able to forgive almost in an instant and I don’t even get angry anymore. I also don’t have any need to follow society’s customs and conform to the world. I’m happy to stand with the Lord even if it means being separated from the world. The classes have also taught me how it’s so much better to forgive and move on and repair broken relationships then harbouring hatred and grudges. The feeling of happiness when all is well and everyone is on good terms with everyone is by far better than being angry with someone or taking revenge. Anger and irritation may be a feeling that satisfies a person and gives them a rush (I’ve known many people who love being angry at someone)

But once you compare those angry moments to the happiness you had with that very same person you realize that being angry is not worth your time. Life seems brighter when everyone is happy and the SL forgiven classes have taught me that.

From now on, I’m going to live a life full of joy and forgiveness and I’m pretty sure opportunities will open up.

As result (of this course), it gives me a clear direction where I should live in my Christian life, that is, I should live at the grace level with kingdom culture.

I entered this program unsure of what would happen. I knew I had people I needed to forgive but I had tried many times and failed. So half of me was hopeful that this would be my break through, and the other half was skeptical wondering if I would ever actually be free from unforgiveness. As the weeks went on I realised that there were changes taking place. I was able to forgive. At first I was reluctant to complete some of the exercises, because a part of me wasn't ready to forgive. But eventually I was able to let go, and seeing others letting go and forgiving encouraged me to do the same. God also showed me some people I had never realised I needed to forgive. I was able to forgive them and release them as well. I didn't really notice any drastic changes until one night in March. Our church had an all night prayer. During the worship a song that always bought back past hurts was sung. That song talked about how even though wounds were deep we would soar like an eagle. Every time we sang that song I would think of everything that had happened and would feel the pain again. But this time it was different. When we sang this song I felt a new found freedom. Singing that song I could still remember all that had happened, but instead of feeling pain I felt a sense of peace



that everything happened for a reason. I knew at this moment that I was truly free from unforgiveness. I have had one of my past friendships restored after this process. I believe it was God's timing to restore that friendship and bring that friend back in my life. I thank God for this program and for the giving me the opportunity to be a part of this program and for bringing restoration in my life.

I went into this class knowing that I had a few people to forgive, and hoping that this class would help me forgive them since my previous efforts on my own had failed.

This class did more than just help me forgive.

Through the assignments, I was able to share to two nonbeliever friends about this class and the importance of forgiveness in a Christian perspective. They both had many questions and because of the material I learnt from this course I was able to answer them and help them learn more about God's mercy towards us.

Also, in this class I learnt that I had many other people that I had to forgive, people who had done little things to me that I had just pushed away and forgot about. There was this one girl, she wasn't my friend at the time, but she had hurt me through her words, and since then whenever she was around I had just stayed away. Now, however, I was able to forgive her and start talking to her, and we have become good friends.

Another situation was this person that I had held unforgiveness towards for months because of many situations where we had hurt each other. It got to the point where we stopped talking to each other. However, with the help of this class I was able to forgive her and reconcile with her, and now we're working towards building a relationship together.

Overall, this class has helped me a lot. It has given me opportunities to share about God's mercy, and has helped me forgive people.

During my participation in this Bible Study group on the topic of forgiveness, I experienced a dramatic breakthrough.

SL Forgiveness was a great journey to be on. Throughout the 12 modules there were laughter and tears, but we always stayed together as one helping our peers out through problems. There were a lot of materials covered in the 12 modules which have taught us a lot. This journey made us stop and think about the people in our lives and helped us not hold anything against anyone and to truly forgive the individual. Overall it was a journey that brought us closer as closer together to build the Kingdom of God

There was a problem going on in my school, I've been called names and all I wanted was revenge and although I was taking the SL forgiving class I didn't want to just waste everything I have learnt because there would have been no use for going to the class if I wasn't going to forgive anybody that hurt me. One day I went on Facebook and someone had sent me a quote saying "people hurt you, God will heal you. people humiliate you, God will magnify you. People judge you, God will justify you" I sat there crying because I know that God wanted me to see this and he wanted me to know that he was always there for me because he wouldn't judge me or hurt me. I prayed that night that I want God to take over the situation and for him to take it in his hands and for him to help me not hate those who did wrong to me. I forgave them that



night, I even forgave myself. The next day at school I didn't even think about those people, I even forgot about the situation because I knew god was taking care of it. I didn't get called names or got insulted by anyone. I thank god for also giving two friends so I wasn't alone. I also want to thank God for bringing this class in my life because it has taught me that forgiveness is the key to anything, it would set you free, and you feel happy once you forgive.

Through my journey of SL Forgiven, I learned many new things and also found out that I did have some forgiveness to do. I learned that people may let you go, even your own best friend, but the Lord will always be with you. This is what I struggled through my journey of forgiveness. During my journey I had many struggles that I had to face but the Lord was always there for me from the beginning till the end. There was a very close friend that I had, she was my best friend, but problems came in between us and I held a grudge against her, it was hard for me to ignore her and I would always see her every day. These classes help me to gain the confidence and reconcile, now I am able to do anything, and these classes helped me to forgive anyone easily and not to hold any past grudges, etc. I thank God for helping me through this journey of forgiveness. :)

I took up the challenge to forgive the ones who hurt me and when I did, I noticed a sudden freedom in my life

Through my journey of forgiveness, I have learned to forgive completely and not to hold past grudges. I had a very close friend who hurt me and we didn't talk each other for on year. She would always talk behind my back and tell lies about me to other people, which hurt me even more and when I was in the process of forgiveness, this would always bring me down. We used to email each other, than on my birthday, I got an email from her, saying Happy Birthday and she said sorry. I replied back saying its all ok and I was able to forgive her completely. I thank God for helping me through this journey to solve this problem. I am very happy that she is my friend again. Always remember that in any situation, God is there for you and he is the peacemaker. :)

From the beginning to the end, God was part of this journey and in every module.

The module with the courtroom scene was the most touching part for me.

Realizing Gods love for me opened my heart to forgive and receive spiritual blessings. It was no longer a struggle to forgive. God started showing me visions and dreams, I started writing songs again, and God made it clear that my unsaved friend was one of the many that will come to know and receive Jesus.

At the end I went through struggles with my own failures. On the second last module I realized I needed to forgive myself and I didn't know the last module was about forgiving myself.

It's amazing how God makes things happen at a certain time. Even though the program is over, a word from the scriptures continue to Speak to me- All things will work Together for Good to Those who love God (Rom 8:28). I can't comprehend how, but I thank God that no failure or person or circumstance can stop His plans. I will continue to be on this journey of forgiveness. Although it gets tough at times, I will keep forgiving and walk in mercy and grace like Christ did. All glory be to God. I am only a vessel that is open and ready to be used for his glory and divine purpose.



This class was an eye-opener for me. It opened a new door of learning into my life. I was able to learn a lot of truths from God's word which I had always known, but never really taken in. As I began to apply these things into my life, I realized the joy and peace that came from all these. One of the main things that stood out to me was the courtroom scene. It was a touching experience that changed the way I felt during communion and even while worshipping God in general.

This class also changed my view towards people. I became more understanding towards the way people acted. Instead of getting mad or annoyed, I am now able to try and understand where they're coming from and what they're going through.

I was faced with a few challenges myself while going through this course. Instead of acting the way I normally would, I was able to apply the lessons we learnt and try and do things differently. I would admit that it wasn't easy doing it differently, but it was definitely worth it.

I really enjoyed this class a lot and would encourage many people to go through it as well. It has been a great blessing.

Before the SL Forgiveness program, my life was going downhill, I didn't forgive any one, well I did once or twice but I didn't forgive them with a humble heart, I just did it for the sake of it, but my life was still going downhill, and I cried out to God, I asked him what I was doing wrong and he answered my prayer, next thing you know Johnny and Esther started running the SL Forgiveness Program and I was excited because I knew this will change my life and I knew that our great God was up to something !! So as I was going through the journey, Johnny explained many stuff to the class about forgiveness and how un-forgiveness can separate our relationship with God, therefore on a week during the SL program, I decided to pray and ask God for forgiveness for the times I did wrong and at the same time forgave all the ones that kept bringing me down and last but not least prayed for the ones that kept trying to make my relationship with God fade, after my prayer, the following week (don't know the exact date) God opened doors for me, as you know I love basket-ball and I've been playing since I was in grade 4, and I stopped playing basketball for Ontario when I was in grade 10 because of my friends, anyways, God opened a huge door for me, I got 2 invites to play for a Canadian team, and a team in Europe, they both are national teams, and I was like woah !! this is a great opportunity for me to get a scholarship, but unfortunately I'm not going because I don't want to stay away from my church family, but I do thank God for everything he has done and still doing in my life, Praise God !! :)

Through this program I have found secret places in my life where forgiveness was still needed. The program helped me build my relationship with God and with those I needed to forgive

Before we had our SL Forgiven Classes I lost trust in one of my friends because of something he did and because of this I couldn't worship God and I didn't read the bible. But as we went through our classes and i thought about forgiving him but I didn't 'cos I was scared of what he will think so I just left it. But at church i still couldn't worship God so I talked to him at school. I told him what happened and stuff and how i felt and now were both friends and at church I could worship god freely and reading the bible more.



..... so, before taking this course I had an issue with this one friend that i used talk to and be friends with. but later on he really wasn't a friend to me due to the teasing. he would also come and annoy and irritate me and do stuff that I don't like. I came to a point that I didn't talk with him, but in the middle of the course I learnt how to forgive others and it was deep, so I forgave. Not only I have forgiven him I had reconcile with him also; the funny thing that is that near the end lessons we learned that we also have to reconcile with the person in which I had already have done and now when I see him around I don't feel guilty of anything or feel uncomfortable. the main purpose of this testimony was that before the course I wasn't talking with my friend with i was before, and then during the course (middle) i was able to forgive him and reconcile with him. :)

One of the most challenging part of life is forgiving someone who hurt you. I have learnt about forgiveness although i didn't really practice it in my life. After going to SL forgiven, I understood what it really meant to forgive someone. It's not about just saying I forgive, its about practicing it everyday. I have had my share of hurts in the past through friends and family. Although i thought i forgave them, i truly didn't. SL forgiven helped my overcome my fear of approaching the person that hurt me in the past. I took up the challenge to forgive the ones who hurt me and when I did, I noticed a sudden freedom in my life. No guilt feeling, just free to worship without any other thoughts, and it felt amazing. Little by little God started doing amazing things in my life. I got three job offers, and stuff i struggled to do before became easier for me. I really enjoyed this Forgiveness journey and it's an ongoing process throughout my life. I am blessed by the grace of God, and it was amazing to be part of this program. Thank You and God Bless

Looking at the four step process outlined in Module Five, I felt like I was in between steps one and two. The group spoke with me about it, provided me with their inputs and then they prayed for me. I experienced a messy melt-down that evening. My emotions were raw and a battle ensued within me.

Through this program I have found secret places in my life where forgiveness was still needed. The program helped me build my relationship with God and with those I needed to forgive. I feel free and hear Gods voice more clearly. I have been blessed more at my workplace and granted a position to work with a professor at my school without any prior experience. I recommend this forgiveness program to not only unbelievers but believers as well. This program enforces the training I needed to forgive through deep thought-out practices; I feel this giant leap forward in my life is irreversible. Thank you. God Bless.

While studying in the SL Forgiveness modules, I had to forgive one person in my life that wasn't close to me, but a person I see quite often. This person did something to me that was very mean, and made me look bad in front of some of my other friends. I had a grudge/hatred towards this person for almost 2 years, and was very stubborn on my side for knowing that the problem had all started and ended by that person. When this problem/gossip occurred, I always



told myself that I wouldn't talk to the person ever again in my life, but throughout the SL Forgiveness program, my mind started changing.

Despite the fact that the problem started spreading, and a lot of people knew, I really wanted to do what the goal of the program wanted us to accomplish. I first prayed about the problem and the person and gave everything to God. It was a little tough at the beginning, but after I prayed more about it and gave it all to God, I had a huge relief in my heart. After I forgave, I was freer to praise and worship God. Before when I had the unforgiveness in my heart, I always would get distracted in worship, and never had the total focus to God alone. I also was irritated whenever that person was around, or in the same room as I was in. By forgiving, I am more free to worship God and be with my friends more.

During my participation in this Bible Study group on the topic of forgiveness, I experienced a dramatic breakthrough.

At work five years ago, I had a very poor working relationship with my team leader and she treated me very badly during the 3½ years that we worked together. Although initially, I contributed to the situation, her behavior towards me was very cruel. And even though we no longer worked together, I continued to hold anger towards her. When I saw her at a conference this past January, all the negative feelings resurfaced.

In my current role, a course I was taking required me to seek out feedback from colleagues that I've worked with in various capacities. My former leader would have been an obvious candidate to ask. My first reaction was that I will not ask her, since I had plenty of colleagues from which to choose. Throughout that week, I began to ponder and realized that this could be a reason to schedule a meeting with her and work towards reconciliation. I did not like the idea, and I fought against it. But the Lord continued to convict my heart. On that night of Bible study, towards the end of our session, I put the situation to my group. On the one hand, I saw this as an opportunity the Lord placed before me. On the other hand, I feared that my heart was not ready and that this attempt at reconciliation could potentially blow up into a disaster. Looking at the four step process outlined in Module Five, I felt like I was in between steps one and two.

Today I just reviewed every lesson we have learned together and I realize that not only we have been learning something, but also we have all been healed in some way during learning. It's a process of healing.

The group spoke with me about it, provided me with their inputs and then they prayed for me. I experienced a messy melt-down that evening. My emotions were raw and a battle ensued within me.

I left the meeting, thankful for my group's prayer support, yet still feeling depleted and struggling. By the time I drove home and when I walked in the door, I could only feel the Lord's peace. I continued to ponder and pray over the next several days and by mid-week, I knew I needed to schedule an appointment with her. The earliest available time for both of us to meet was the following Monday, and so I proceeded to book a meeting room for us.



That night I emailed my Bible group leader to ask the group for continued prayer and especially for next Monday morning. The entire week leading up to our meeting, I could only feel the Lord's peace in my heart.

Monday morning came. We met. I asked her about the survey and then went on to tell her that there was another reason I wanted to meet with her, which was to ask her for forgiveness for my part in our difficult working relationship of the past. She said that we had been getting on fine and it is not necessary. I told her that I felt strongly that I wanted to say sorry to her for my part, and that I was holding anger towards her. To show her my sincerity, I named off three specific things that I was sorry about. She commented that now she was starting to think if there was something that she may have done and asked me for my feedback. Because my intention was to stay focused on my wrong-doing and to ask forgiveness for my part, I completely stayed away from her part. I did not want to lose sight of the purpose to the meeting, nor give the enemy a foothold. Three times she tried to steer the conversation to gain feedback from me about her behavior, and each time I re-directed back to the purpose of the conversation: so that I could apologize for my part. I was not expecting to do this, but I even asked her if she will forgive me, and she said, of course. I believe the Holy Spirit gave me direction. During this entire conversation, I remained completely calm and at peace.

I can only say that I now feel great freedom with this person after the encounter. And I have no expectations for her to apologize for her wrong-doing towards me. According to the Word of the Lord and in obedience to His will, I humbled myself. I thank the Lord for His grace to help me to do a very difficult thing, and may his Name be glorified in it. Thank you Jesus.

I can't imagine that 'our journey to forgiveness' is almost finishing. Today I just reviewed every lesson we have learned together and I realize that not only we have been learning something, but also we have all been healed in some way during learning. It's a process of healing. I clarified some concepts, not only forgiveness, but also like reconciliation, love, positive and negative attitude, what God demand us to do. As result, it gives me a clear direction where I should live in my Christian life, that is, I should live in grace level with kingdom culture. Additional, our group member support each other, help each other, and we become closer, our friendship are stronger. It is really amazing experience for me to remember!

In first lesson, it said "Teaching should translate to learning and learning should result in change." I think we successfully achieved that goal!

I believe that my husband would strongly agree with me, maybe even more! Although he missed some lessons, but he told me he has learned a lot, most important thing is, he started to change, his attitude to other person, his character, his life style, totally! It's a revolutionary change for him. He feels so sorry not to be with us to learn all the lessons.

I think all the lessons are very good, the curriculum structure are designed so nice, it lead you to a high level, step by step, according to humans psychological principle.

a lot of things have been changed during following this course. The most significant change is that the relationship with my husband has been improved and my attitude towards people around me also has been changed. God's love, mercy, forgiveness has changed my whole perspective of this world.