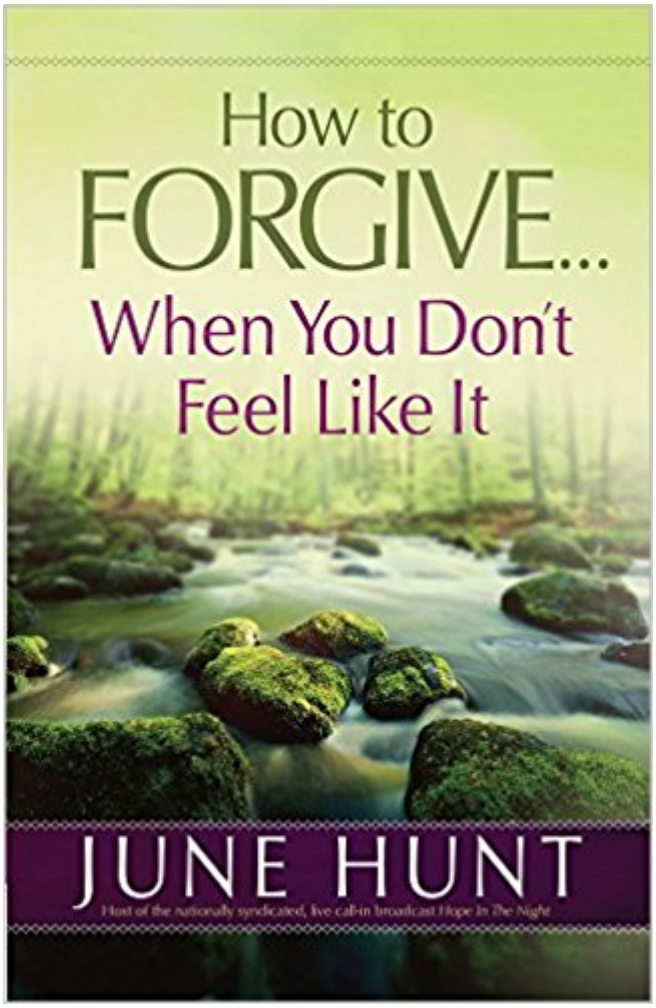
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How To Forgive...When You Don't Feel Like It



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Synopsis

When someone hurts us, our natural response is to strike back. Rather than let go, we cling to our rocks of resentment, our boulders of bitterness. The result? We struggle under the weight of unforgiveness.Though we know God has called us to forgive others, we find ourselves asking:What if it hurts too much to forgive?What if the other person isn't sorry?How can I let someone off the hook for doing something so wrong?Biblical counselor June Hunt has been there herself, enabling her to speak from experience as she offers biblical help and hope with heartfelt compassion. If you've been pinned down under a landslide of pain, here's how to find true freedom through forgiveness.

Book Information

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Customer Reviews

"You can always trust June Hunt to take us right to God's Word for answers to tough issues. How to Forgive...When You Don't Feel Like It is an excellent resource for anyone who has been hurt or wounded. I am confident this book will bless you as you seek the 'freedom of forgiveness' that only Christ can provide." Ã¢â ¬â •Dr. Richard Land, president, The Southern Baptist Convention's Ethics & Religious Liberty Commission

June Hunt is the founder of Hope for the Heart, a worldwide biblical counseling ministry that provides numerous resources for people seeking help. She hosts a live, two-hour call-in counseling program called Hope in the Night, and is the author of Counseling Through Your Bible Handbook

and How to Handle Your Emotions.

This book is a pure gem that will benefit every soul who reads it!There is no one who hasn't been affected by others in a negative way at some point in there life. Large or small in scale the offense, this book will help bring you to forgiveness.I've only thought about those offenses and the people I need to forgive while I read this book. I haven't actually done the work of forgiving as I've just finished the book moments ago, yet my spirit feels lighter. I'm looking forward to forgiving. How weird does that sound in today's revenge filled world? LOLOthers have mentioned the rock analogies were overdone and I can agree somewhat. The main theme is rocks in your bag/life. I found after awhile though the analogies to be forming in my mind a better mental picture of the damage this bag of boulders was doing to me. I would tell the author to not change a word and I'd offer to the reader they embrace the theme as they read the book. I can see how an annoyance could develop which would cloud the absorption of the message. I'd hate for that to be you, future reader!One final note, this book isn't only about forgiving others for their sin but also about being the one who needs forgiveness for our own sin. Keep that in mind as you enjoy the journey that is this book.

I thought that this was just another book on forgiveness. I was wrong. This is a complete book on the subject which has guided me to forgive my offender and given me back a life of freedom. Well worth the read, if your struggling with unforgiveness.

This book helped me to better cope with an issue I have been struggling with. It is easy to read and interprete. I would definitely recommend it to all who have been hurt or disappointed.

If you are struggling with forgiveness because we know that is what we are supposed to do - this book is for you. I found it so applicable to my situation because for me, it gave me the opportunity to re-frame the idea of forgiveness and realize that forgiving does not mean you condone the offending behavior or that you have to let it continue to be part of your life. The scripture based discussion and counsel made a huge difference for me...I hope it will help you too.

I have a prison ministry and bought the book thinking it would help the girls with forgiveness.Well you know how God works. This book completely changed MY life. I've been a Christian for 22 yearsand I did not realize how much anger and hurt feelings I had inside.It helped me realize I

needed to forgive my husband.I LOVE THIS BOOK!! It’s a life changer..

My husband and I read this together. We actually have forgiven people we were challenged in forgiving after reading this book and praying. It also helps you forgive yourself for mistakes of the past. Good healthy Christian concepts.

I didn’t think I could ever forgive my husband for telling me he wasn’t happy and to leave. I am a lot closer after reading this book and hearing the truth about the positive outcomes forgiveness brings. perhaps soon I will be ready to set myself free of the weight I carry.

June helps the reader to understand what forgiveness is and what it is not, the difference between forgiveness and reconciliation and why forgiveness is so important. Junes real life experiences serve as an incredible example of how beneficial forgiveness is.

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