

## **Saved by Grace Bible Journaling Conference**

### **“The Other Side of Grace”**

**By: Keri Sallee**

#### **Devotions, Supply List and Printable**

Hello All! And welcome to the conference!

I hope you are being as blessed by participating as we have been creating this conference.

My name is Keri Sallee and I am the owner of The Creative Life Studios and the Signature artist for Faith Impressions by Keri Sallee for Gel Press.

When I was first thinking about this idea of “Saved by Grace” my brain, like most Christians, automatically navigates to the idea of “Because of Christ’s sacrifice on the cross, we are saved by the grace of God,” but I want to talk to you about “The Other Side of Grace.”

#### **Grace isn’t just God’s to give**

The standard Western Christianity definition of Grace is “unmerited mercy (or favor) handed down from God by way of his son’s sacrificial death on the cross, thereby securing our eternal salvation.”

But do you realize that God isn’t the only one who can hand down “unmerited mercy?”

We can, too.

You see.... The other side of grace is the God-given ability that we have to extend forgiveness by way of grace.

To look across the room at the person that the world says should be your enemy or at someone who has emotionally/physically/spiritually/mentally cut you to the bone and see them as the child of God that they are and choose to say “Because God extended forgiveness to them... so will I.”

#### **It’s not about them**

I can hear the roar of walls being built around your mind as some of you read that.

Why? Because I have been in the same place. Living in a cocoon of unforgiveness and being weighed down by it.

They didn’t have any idea how much I was hurting, but I knew, and I blamed them. I blamed them so much.

I blamed the person who abused me. I blamed the parents that didn't want me. I blamed the parents who raised me. I blamed and blamed and blamed.

And the only person who was hurting... was me.

Forgiveness is not about the other person. Depending on the circumstances, it might even include the other person.

### **Forgiveness does not require reconciliation**

Too often in the Christian world we are fed the lie that "If you really forgive them, you will have a relationship with them" and that could not be farther from the truth.

Proverbs 4:23 specifically says "*Above all else, guard your heart, for everything you do flows from it.*"

Dr Henry Cloud, author of the classic "Boundaries" book, puts it this way: "The Bible is clear about two principles: (1) We always need to forgive, but (2) we don't always achieve reconciliation. Forgiveness is something that we do in our hearts; we release someone from a debt that they owe us. We write off the person's debt, and she no longer owes us. We no longer condemn her. She is clean. Only one party is needed for forgiveness: me. The person who owes me a debt does not have to ask my forgiveness. It is a work of grace in my heart."

Forgiveness is an internal work so that what flows from our heart is filtered through the filter of grace, rather than the filter of unforgiveness.

### **And it doesn't mean denial.**

Forgiveness also does not mean to deny anything ever happened.

When I was 21, I found out I was adopted (shocker, right?!)

For so many months after that revelation, I shoved down all the feelings I was having because I didn't feel like I had the right to be angry. I didn't have the right to hurt. I didn't have RIGHT to have FEELINGS.

It wasn't until I couldn't take it anymore and I went to counseling that my counselor gave me PERMISSION to angry. To be hurt. To have all the emotions I had been denying myself.

Denying does not equal forgiveness.

Researcher Robert Enright says it this way "Forgiveness does not require denying our feelings. Forgiveness is choosing not to act on these rights, to honor God and to free ourselves. Forgiveness is taking a position of power that releases oneself from the grips of bitterness and vengeance that only brings self-destruction.

Look at scripture:

Genesis 1 – At the end of every day of creation God said it was “good”

Nahum 1 – God is called *jealous, vengeful, avenging and wrathful* and that his ways are like a *whirlwind and a storm*

John 3:16 – *For God so loved the world that He gave his only begotten son that whosoever believes in him will have everlasting life*

Numbers 11:1 - *Now the people became like those who complain of adversity in the hearing of the Lord; and when the Lord heard it, His anger was kindled, and the fire of the Lord burned among them and consumed some of the outskirts of the camp.*

Psalms 78:4 *“How often they rebelled against Him in the wilderness And grieved Him in the desert!”*

If God, the very maker of the universe is allowed himself to have and feel and express a variety of emotions, then so can we.

## **The Other Side of Grace**

Just as God’s grace to us mended our broken relationship with our heavenly father, so can extending grace fix our broken relationships here on earth.

That is the “other” side of grace... the ability to SAVE relationships by extend forgiveness by way of grace.

The side where we can choose to piece our lives back together by living in a mind-set of grace and extending forgiveness.

Ephesians 4:31b says *“forgiving each other, just as in Christ God forgave you.”*

And Luke 12:48 says *“to much is given, much is required.”*

We have been extended Grace OVER AND ABOVE what we deserve and once we start allowing that grace to overflow on to the people around us, we can begin the healing process of our own hearts and spirits.

## **Personal Forgiveness**

And Yes...forgiveness should be extended to those who have hurt us, but it also needs to be extended to ourselves.

Scripture tells us *that “all have sinned and fallen short of the glory of God” (Romans 3:23.)*

So maybe... you need to extend forgiveness to yourself. To allow the grace of God to overflow beyond salvation and heaven vs hell, but flow into your heart and mind so that while you are here on earth... you can genuinely enjoy it.

### ***Calach vs Nasa Forgiveness***

In the Bible, there are 2 translations for forgiveness.

Calach – meaning a “one time forgive and forget” like in Hebrews 8:12

And

Nasa – meaning “entering into the process of setting a debt or weight of someone’s sin or offense against us aside or releasing them from it.”

We as humans are incapable of *calach* forgiveness so the sooner we can release ourselves from the idea that forgiveness is a light switch we can just switch on and off, the easier it will be to get down the hard work of *nasa* forgiveness.

And as I am typing this, the idea of NASA, The National Aeronautics and Space Administration here in the US, comes to mind.

Decades ago, there were people who said it would be impossible to travel into space or step foot on the moon, but NASA and other space organizations around the world proved them wrong.

You might be thinking the same thing... that finding forgiveness is impossible, but just like someone stepped on the moon on July 20, 1969, other people have been able to find forgiveness for themselves and for others.

You just must be willing to put in the work.

Neil Armstrong didn’t just wake up one day, fly to the moon and make history.

He first studied aerospace engineering in college, and THEN became a naval aviator before THEN being accepted into the NASA Astronaut Corp in 1962 to train for 7 years before he THEN made history by being the first man to step foot on the moon.

He did the work to accomplish the goal. He was 39 when he stepped on the moon.

And the same goes for each of us if we want to forgive. We must do the work.

If you are struggling with unforgiveness and want to take the steps toward grace, the next few pages are for you.

It is called “The 3D Forgiveness Model” and it is a step-by-step process to help you to begin to define your feelings, the root of your unforgiveness and to begin to take steps toward forgiving.

I hope and pray it will bless you and change the trajectory of your life.

Until next time friends,

XOXO,

Keri Sallee

NOTE: The following are scans of the actual “3D Forgiveness Method” my counselor gave me years ago... Please forgive me if they look a little worn! 😊

## THE 3D FORGIVENESS MODEL

**Decide if you want to forgive, it is your choice...**

### **Day 1-**

Commit to set aside 1 hour for 3 consecutive nights (i.e. 7-8 pm) without distraction or interruption of any kind.

#### During this hour:

- Be still and quiet for a time with God.
- Select 1 person to engage in a process of forgiveness with God (if unknown, ask God to help you decide who to start with {usually a father, mother or spouse first})
- Confess your emotional state and declare to God your intent to forgive. Pray and request God's blessings on your complete freedom with this forgiveness process, committing to do as He leads.
- Get paper and pen.
- Ask God to reveal all the ways in which he/she:
  - (1) Sinned against you,
  - (2) Brought curses into your life, and/or
  - (3) Wounded you.
- Start writing. Write EVERYTHING you are thinking of without judgment of whether it is "truly" sin or his/her fault, etc. (This is not the time).
- Spend the entire hour writing everything you can think of. Be as specific as possible.
- Do not quit early, if you feel you have exhausted the list, continue to pray, think, be still, and generally process with the Lord your commitment to forgiveness and freedom with God in prayer. Read Psalm 139.

**Day 2-**

Repeat step 1.

- Do the whole thing again, adding to the same list any new thoughts that come to mind that God has revealed. Remember, forgiveness is an “unnatural” act; it requires sacrifice, effort, and commitment.
- Read Psalm 139 again.

**Day 3-**

Repeat step 1 again for 45 minutes.

- After 45 minutes or so, ask God if your list is complete.
- If you feel it is, go through the list one by one, and share/confess to God your emotional experience of each wound and how it felt. Give God that experience by asking Him to take it from you (i.e. “I felt dismissed and I was unimportant when that occurred. I give the lie that I’m unimportant to you, God. Please take it from me...”).
- At the end of that process, speak forgiveness out loud over each item (i.e. “... and I choose to forgive my father for dismissing me and making me feel unimportant,” etc.).
- Ask God to help you give all these thoughts over to Him, and invite God into every wound.
- Read Psalm 139 again.

**Themes:**

For the last 15 minutes of your 3<sup>rd</sup> day, ask God to help you reduce your list from 25-250 items down to 3-5 items that seem to summarize the entire list in a broad view. It is often wise to consult a 3<sup>rd</sup> party (counselor or other) for this. These 3-5 items are themes of your forgiveness process that you will need to identify to use for the rest of the journey.

**Day 4 and after-**

During a regular daily time (i.e. quiet time for prayer, or meditation in the morning, etc.) speak forgiveness out loud over your themes only. Do this EVERY DAY. It should take less than 2 minutes per day.

Ask God to engage with you in this process, reveal to you what you need, and to bless and lead you to COMPLETE obedience in forgiveness.

- Even though God has cleansed your spirit, you should know that complete forgiveness might still involve your speaking forgiveness on the same issue again on occasion, if life reopens or reminds you of that wound. This should not be seen as a setback, it is simply a part of the journey. Remember, that metaphor of hygiene is an accurate way to

understand this. You don't brush your teeth so that you never have to brush again. You brush them so they are clean, realizing you will likely have to brush again, and that's ok.

- This should be done daily for a few short minutes for a significant time. Don't quit early or use your current emotional state as a determiner of whether this process is complete.
- At the end of your daily recommitment of speaking forgiveness over your themes, ask God what he would have you do next? Don't be surprised if you go for some time without hearing or feeling lead to do something. It is possible that you are supposed to continue to seek and gain strength in your desire and commitment to forgive. It could even be a test from God to see how committed you are.
- Continue to do this EVERY day until you become completely sure that God has "cleared you" to stop doing this daily. This release indicates to you a blessing and transitions you from a season of daily work into an occasional recommitment when something comes up.

→ For most serious forgiveness issues (i.e. parent), this process is 8-12 months or more of daily work, lasting only about a minute per day. Often times God will show you many things during this period of time, and may reveal things He wants you to do, which may or may not involve addressing the person you're forgiving.

→ Please note, research tells us that the more quantity time we spend choosing to forgive-called decisional forgiveness, the higher the quality of eventual "emotional forgiveness" (where we feel better) we will receive (Worthington, 2003). Emotional forgiveness is not something we can achieve or make happen; it is the harvest of our obedience and a work of Christ.

#### **The Enemy's common tactics:**

Satan hates forgiveness. This act of obedience ushers him out of people's lives, steals his authority, and frees generations to come from his access and destruction. Expect resistance. Have others pray and intercede for your process. Common lies used by the enemy to prevent you forgiveness include:

1. "I **don't feel upset** so I don't need to forgive."  
Corrected Response-Forgiveness is not about emotion.
2. "I am so upset, I **don't want to let them off the hook.**"  
Corrected Response-Forgiveness is not about the perpetrator, it's between you and God, not reconciliation.
3. "I **already forgave them.**"  
Corrected Response-That is most often a confusion between a one-time decision without process...*Calach* instead of *Nasa*, as if humans can forgive in God's way. Forgiveness is a process not a one-time decision; ask God where you are in that process...
4. "I feel bad for blaming (perpetrator), whom I love and owe so much."



Corrected Response-False **loyalty**. You can love (perpetrator) and him/her can be good and also need forgiveness. To not forgive someone (especially a parent) is dishonoring him or her.

5. "I need to/have already **let it go**."

Corrected Response- You can't let things go, forgiveness is an action, a verb, not a lack of doing something.

6. **Vicarious** offense/unforgiveness- "They wronged my father not me (though I am actually offended on his behalf)."

Corrected Response- When one is offended or has unforgiveness it doesn't matter so much who did it, vicarious offense is one of the most difficult to overcome.

7. This process seems **redundant**. I am just blaming someone else or keeping a record of wrongs.

Corrected Response-Redundancy in forgiving is obedience to God and your spirit requires it. This process of making a list on paper and verbally speaking forgiveness is so you don't carry a record of wrongs in your heart.

#### **Dealing with judgment roles:**

In some cases, one may best benefit from a process of confession and repenting of a judgmental spirit (Matthew 7:1-2) towards the one who wounded us. This will not always apply, but it does more often than not. The LORD tells us that vengeance is His (Romans 12:19) and that He will take care of things and make things right and new. Sometimes we get in the way of that, or make vows/soul ties involving a vengeful spirit toward the one who brought our pain. This prevents forgiveness, freedom, and relationally may disallow God to convict the other. (This can be handled by initially deciding to renounce such vows (and doing so verbally) then confessing and repenting of judgment.) A release is often experienced as you return to your right role, and judgment and vengeance is given to its rightful owner.

#### **More Context:**

As stated, depending on several factors this process often lasts between 3 and 15 months (or longer) and usually involves God unraveling things and showing you multiple things; one piece at a time. Each of these pieces is crucial for complete freedom, making quitting too early a danger. There are things He can't show you until you are ready, and you often can't get ready for "the big stuff" until you've been faithful with "the small stuff" (Luke 16:10).

#### **Ebenezer Processes:**

At points God may lead you to do something (i.e. get rid of something, write something, talk to someone, confront someone out of love, etc.), or He may not. Only He knows what is needed. Again, forgiveness is a spiritual transaction between you and God only, which may or may not ever involve a third party. Patience and commitment are required. Remember not to allow emotions to guide you. Be encouraged and committed to this process, it will change your life and

rarely, if ever, are we more like God than when we are sinned against and choose to forgive every day, relentlessly, just like He does for you and many others...

*May God Bless your forgiveness work  
with great peace and freedom, 1 day at a time!*

## Saved By Grace 2021 Bible Journaling Conference

Keri Sallee - The Other Side of Grace

### Supply List & Title Printables

- Journaling Bible or Art Journal
- Printable Title (provided)
- Faith Impressions Kit and Gel Press Plates (alternative: printable Gel Press Prints given for this session)
- Texture Stencils and Stamps
- Black Archival Ink (or other permanent/waterproof ink pad)
- Permanent Markers (like Faber-Castell PITT Artist Pens)
- Acrylic Paints (I used Plaid Multi-Surface in Hot Pink, Cayman Blue, Vivid Orange, Teal - Dylusions Paint in Lemon Zest - Master's Touch -White)
- Matte Gel Medium or Other Adhesive for Title
- Old Gift Card or Credit Card
- Water
- Paint Brush
- Scissors
- Brayer
- Optional: Acrylic Plate for Gel Press Plates

Forgive  
Them  
For  
You  
Because of  
Christ

Forgive  
Them  
For  
You  
Because of  
Christ

Forgive  
Them  
For  
You  
Because of  
Christ

Forgive  
Them  
For  
You  
Because of  
Christ