

### Why We Must Never Forget Even When We Do Forgive

3. Forgetting the past could put you and others in continued danger. We have all heard and read about stories of gross negligence, injustice, and oppression when church leaders have covered up for the abuser and villainized the accuser. This misapplication of grace enables the abuser to continue his abuse and harm. When we tell victims to forget the past, we put them in greater danger.

Sin always, always, always has negative consequences. Sometimes the consequences are short-term but other times they are permanent. If someone molested one of your children, no matter how much he or she repented, I hope you would never allow him or her unsupervised contact with any of your children or anyone else's children. You may forgive him or her, but you must never forget. That would be irresponsible, foolish, and potentially dangerous.

When we encourage someone to forget, we are asking him or her to do the impossible. God gave us our memory for a good reason. [Tweet "Proverbs reminds us that to put our trust in an unreliable person is like walking on a broken foot or chewing with a broken tooth."] In other words, not smart.

Remembering keeps us humble. We need to be honest with ourselves. Remembering helps us stay alert to the

places where we are weak and most vulnerable so that we invite wise people to help us change, as well as help us "see" ourselves more clearly (Hebrews 3:13).

Remembering keeps us vigilant to our blind spots so that we are less likely to repeat serious sin and trash our lives and hurt those who live with us.

Remembering keeps us wise, so we don't become repeat victims or continue to put others or ourselves in harm's way.

As a Christian counselor or pastor, when a person guilty of a terrible or repetitive sin keeps pressuring his spouse to forgive and forget, pay attention. They are doing so because they are unwilling to do the hard work to learn from their mistakes. They are unwilling to be empathetic to the pain they've caused. Rather, he wants to be free from the pain he feels and put it all behind him. In addition, he is unwilling to be held accountable by his spouse and wise others who know what's going on, to call him into awareness when he is getting close to the edge of repeat destructive behavior.

Last in a series comprised from:  
<https://leslievernick.com/blog/must-i-forget-to-forgive/>

### **JOURNEY TO UNDERSTANDING - Caledonia**

#### **Childcare Provided**

**These classes will help bring clarity and validation to what you are experiencing.**

**In-person only: 4:30 pm, Fridays.**

**Location: Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or Bridget Nash\* for info.**

Mar. 29: Self Esteem, continued

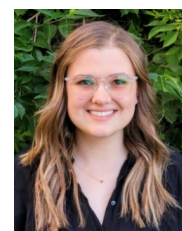
\* [Bridget@openchaircounseling.com](mailto:Bridget@openchaircounseling.com)

Future class schedule to be determined.

### **FACILITATORS**



Vicki Williams



Bridget Nash, MA LPC



Shari Murdock

**See page 2 for more class options!**



## **SELF AWARENESS & REFLECTION - Bryon Center**

### **Childcare Provided**

**This class is intended to expand your skills when dealing with difficult relationships.**

**Online and In-person:** 7-8:30 pm, Wednesdays.

**Location and Link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or 616-510-6305

Mar. 27: Stink'n Think'n

Apr. 3: Boundaries

Apr. 10: Emotional Disengagement

Apr. 17: Codependency/Trauma Bonding

Apr. 24: Children's Devel./Trauma Bonding

May 1: Forgiveness vs. Reconciliation

## **JOURNEY TO UNDERSTANDING - Online Only**

**These classes will help bring clarity and validation to what you are experiencing.**

**Online Only:** 10 am, Wednesdays.

**Link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or 616-510-6305

Mar. 27: Characteristics of Abusers -1

Apr. 3: Characteristics of Abusers - 2

Apr. 10: Trauma and the Brain

Apr. 17: TBD

Apr. 13: Legal Advisor Class (**Saturday**)

Apr. 24: Financial Advisor - Lisa Dean

## **GROWING STRONGER TOGETHER - Byron Center**

### **Childcare Provided**

**This class focuses on growth and healing.**

**Online and In-person:** 7-8:30 pm, Wednesdays.

**Location and Link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or 616-510-6305

This week we will be discussing **Chapter Two** of *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday. This week the author helps us unearth more truths regarding grief. Join us for great conversations and even a new recipe!

If you need a copy please reach out to Shirley Ritsema at [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) or receive it when you join class.

## **FACILITATORS**



Shari Murdock



Misty LaFree, LLC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW

**Selah Childcare  
Bryon Center  
Location**



Elisabeth Richards



Shirley Ritsema

**Don't miss the next pages with  
more info from Selah!**



**Group Agreement:** We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

**Childcare:** Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine, too.

**Safe Environment:** We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

## How Can We be in Prayer For You?

In Selah online and in person classes, facilitators often extend the opportunity for participants to share a prayer request. These are anonymously



passed along to a team of individuals who are committed to praying over Selah, it's leaders and most especially for Selah participants. If you have a prayer

request you would like to submit, please feel free to do so by dropping an email to [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org). Your email will be handled with confidentiality, care, and covered in prayer!

Selah is grateful to be partnering  
with these local counseling centers:



Community Resources & More .....



[selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)



(616) 510-6305



[selah-empowers.org](http://selah-empowers.org)

The services and products noted below are those that Selah Empowers has become aware that may be useful given certain situations but are not intended to reflect an endorsement by Selah.

## COMMUNITY RESOURCES



**HYGIENE PANTRY**

3500 Byron Center Ave (616)528-4014  
Wyoming, MI 49509 lighthousewy@gmail.com

To locate a food pantry near you search:  
<https://www.feedwm.org/findfood/>

**LOVE**  
YOUR NEIGHBOR

Serving Hudsonville, Jenison & Grandville  
Search <https://lovewm.org/>  
to learn more.

**love**  
in the name  
of Christ

Also known as "Love Inc."  
To find one near you search:  
<https://www.loveinc.org/find-your-love-inc/>

## SAFETY

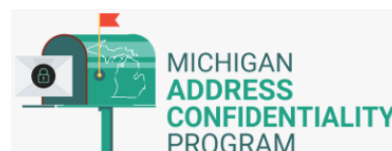


Search "Addalock" portable door lock on Amazon



Search Monsin Wedge Alarm on Amazon

**If one of these items would help ensure your safety but you cannot afford one, please reach out to Selah!**



mi.gov/agacp ag-acp@mi.gov 313-456-0190