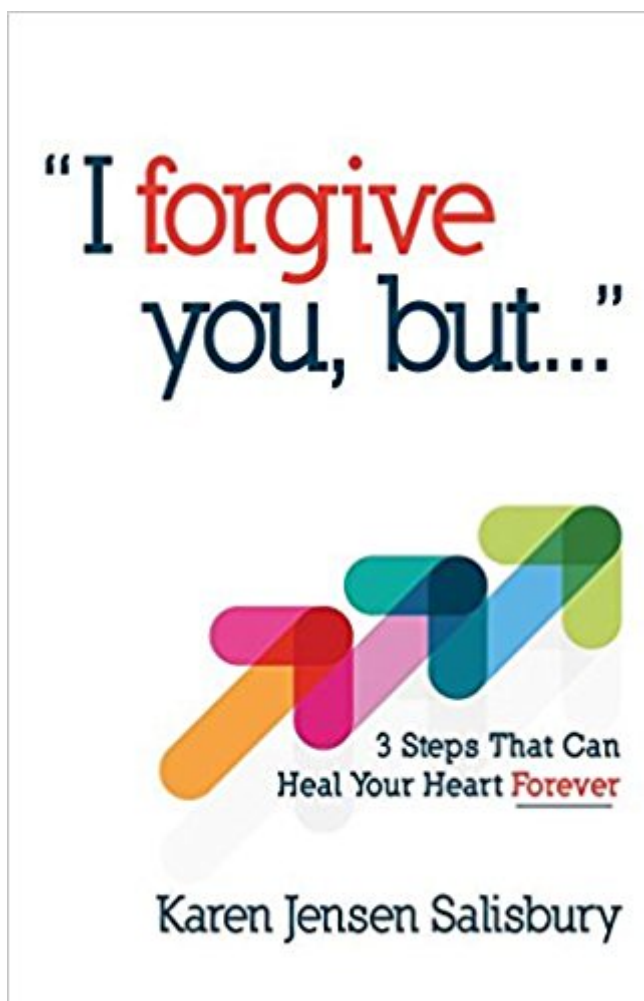


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# I Forgive You, But...: 3 Steps That Can Heal Your Heart Forever



## Synopsis

Have you ever been hurt, betrayed, used or done wrong? At some point in life, we all experience wounds from others. But, staying hurt is not okay. When we refuse to let go of the hurt, it turns to unforgiveness and unforgiveness is like drinking poison and expecting the other guy to die. It eats our lunch. This book is all about HOW to forgive, how to dig into the Bible when you've been hurt and let the Word set you free. Forgiveness is how God does do-overs and it's how He makes things new and gives us a fresh start. You and I were made new because He forgave us. Forgiveness is the key to cut the chain to our past hurts and to walk away free. This book shows the power of forgiveness and includes miracle stories about people who thought that forgiveness wasn't the answer to their problems, but when they learned to forgive, their lives were transformed!

## Book Information

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## Customer Reviews

"If you've been hurt, the stories and scriptures you'll read here can help your heart to heal through the power of forgiveness. Karen writes with compassion and clarity. I highly recommend this book." --Lynne Hammond, Pastor Living Word Christian Center, Brooklyn Park, Minnesota Author of "Devotions for the Praying Heart" and "The Master is Calling" [lynnehammond.org](http://lynnehammond.org) "I am happy to recommend another fabulous book about real life issues by my friend, Karen Jensen Salisbury! We all need help forgiving when someone does us wrong. This book tells you how to do it, with inspiring personal stories and easy-to-understand biblical truths. Karen's open and engaging writing style makes this a life-changing read. Everyone needs

thisbook!" --Beth Jones, Pastor Valley Family Church, Kalamazoo, Michigan Author of "The Basics with Beth"

thebasicswithbeth.com "Forgiveness is one of the most powerful and under-used forces on the face of the earth. It can unlock the doors of the penitentiary of the past where the chains of bitterness keep you from making progress in every area of your life. In her latest work, Karen Jensen Salisbury has captured the true essence of this very personal issue. "I Forgive You, But..." is a must-read for all those who need to be set free. --Matt & Kendal Hagee, Pastor Cornerstone Church, San Antonio, Texas Stars of 'The Difference' show gettv.org/TheDifference "Karen is definitely qualified to write on this vitally important topic of forgiveness, and I recommend this book highly. Learning to walk in forgiveness will release you from emotional baggage, physical maladies, and introduce you to an abundant joy. --Rachel Burchfield, Pres. Texas Bible Institute, Columbus, Texas Author of "Miracle Moments" burchfield.org "Have you ever been wounded by someone who should know better? You are in good company. Countless people have been hurt, and millions more are suffering from the debilitating effects of harboring bitterness and resentment. In this powerful book, Karen Jensen Salisbury takes the reader on a powerful journey of hope, healing, and recovery. You don't have to remain "stuck" -- instead, you can live a life of freedom and victory. Apply the powerful nuggets of truth found in this work in live your best life NOW!" --Dr. Kynan Bridges, Pastor Grace & Peace Church, Tampa, Florida Author of "Unmasking The Accuser" and "The Power of Prophetic Prayer" kyanbridges.com "I love Karen's heart to give people knowledge on how to live the God kind of life. This book will show you how to forgive people and keep you in a great place to live in peace and happiness. It will change your life!" --Sandy Scheer, Pastor Guts Church, Tulsa, Oklahoma gutschurch.com "Karen is one of the happiest, emotionally healthiest, and wisest women I know. She writes from both years of helping others, as well as overcoming her own painful life-challenges. "I Forgive You, But..." is an insightful, inspiring, yet practical read that includes helpful action steps to guide you to your own freedom from emotional pain! I highly recommend it!" -- Rev. Matthew Beemer, International Director: CLUB1040.com Abuja, Nigeria "Sometimes it's hard to forgive. We want someone to know how badly they've hurt us, or we want to see them suffer like we've suffered. But God wants to help us to let go of the pain -- and it happens through the power of forgiveness. Karen tells us not only that we should forgive, but why we should and most importantly how to do it. You will be

tremendously helped by this book and it can change your life!" -- Kate McVeigh, President and Founder, Kate McVeigh Ministries, Warren, Michigan Author of "Get Over It" and "The Blessing of Favor" [katemcveigh.org](http://katemcveigh.org)

HAVE YOU BEEN HURT? Maybe you've been hurt and you're struggling with forgiveness. Maybe you've had these thoughts: "They've ruined my life." "I want them to know how much they hurt me!" "They've hurt someone I love." "They don't deserve forgiveness." God doesn't want you to hurt any longer! In her book, "I Forgive You, But . . .", Karen Jensen-Salisbury shares not only "the whys" of forgiveness, but the most difficult aspect -- how to forgive in any and every situation. Using scripture paired with personal stories from years of pastoral care, Karen carves out an easy-to-understand, three-step solution for unforgiveness, one that will bring you freedom, even if you've tried to forgive before and failed. Why live with the torment and bitterness of unforgiveness any longer? You can be free from it forever, and this book will show you how!

Karen had done it again. Another great book to help us walk with God and others. What's not to love about this book? Walking in forgiveness is an absolute necessity for the believer oh but that BUT! Our relationship with God started with forgiveness so we know forgiveness isn't based on deserving it. We didn't deserve God's forgiveness and many people who have hurt us don't deserve it either. Freely we have received it and freely we must give it. This book will help you identify unforgiveness and how to get into forgiveness. Unfortunately there will always be someone to forgive so keep this book handy.

Awesome book! Excellent

Great read! Spot on and applicable!! I could relate well and much appreciate this book and how it uses the Scripture to make truths known.

All of Karen's Salisbury's books are fantastic and this is no exception!

Forgiveness....something we all know we should do, but many of us wonder if we can. What if someone has truly hurt you? Does it mean you have to be a doormat? For those of us who have grown up in church, forgiveness can almost be a cliché that we think we know everything

about. That's why I found Karen Jensen Salisbury's new book so refreshing. It is set up as a 3-step program to help you practically deal with hurt and pain in your life, full of Scriptural resources that you can return to use again and again. Karen writes in an empathetic and understanding style. She asks good questions that really make you think. This is not a preachy book full of "Christian lingo"---it's not even what I expected when I think of a typical sermon about unforgiveness. It's like talking with a friend. :) It is full of love, empowerment, wisdom, and--most importantly--the truth of God's Word. It is helping me to redefine how I think about certain things and change how I respond to situations in my life. When I started reading it, I very quickly found myself in it and realized that I had some work to do! I could hardly stop reading without taking notes! Trust me, whatever you've been through in your life, you need to read this book. It will surprise you and change the way you think!

"When you feel hurt or angry at someone or things are going wrong in your life, or you're mad at God over it, stop and remember where all that trouble is coming from. The devil wants you focusing on hurts and disappointments so you don't remember who you are, why you're here, and what you're called to do. He's the king of distractions! Forgiveness is the spiritual reaction; it's one of the best ways to stop him in his tracks and derail his evil intentions."  
-Karen Jensen Salisbury, "I forgive you, but..." I cannot tell you how much FREEDOM was released inside of me when I read this passage! How long had I been distracted from who God created me to be? My vision was clouded, my heart was riddled with pain, and my confidence was tarnished. If the devil could get me to believe that it was ok to walk through this life with unforgiveness in my heart, or, even worse, if he could get me to believe there was no unforgiveness in my heart when there really was, then he would win. I learned a few years ago how easy it is to forgive others because of Ephesians 6:12 -- "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places." I had become pretty good at forgiving others, but I really had never forgiven myself. I didn't even know I needed to!!! The devil had me blinded and fooled by feeding me the lie that it was just in my genetics to lack confidence and tenacity. He fooled me by getting me to believe that no matter what I did to shoot towards my dreams, I would always, ALWAYS do something to mess it up. Well, PRAISE GOD for Mrs. Karen Jensen Salisbury's new book, "I forgive you, but..." The light of the Word of God in this book shot into my heart and transformed my mind, and I began believing the TRUTH! I got down to the ROOT of the lies. The Holy Spirit showed me that because

of mistakes and bad decisions I had made in the past, I had built up unforgiveness toward MYSELF, but the devil was calling it "lack of confidence," or he'd say, "you're just not a 'strong-willed' person." When I followed the 3 steps in this book, I was able to release forgiveness into my heart, forgive myself, and now, it's easy to see when the enemy is feeding me a lie to try to cover up the root of the problem -- unforgiveness. I am beginning to build confidence in myself by placing confidence in Jesus, the One who knows me better than I know myself. My life is forever changed!!! Thank you, thank you, THANK YOU, Mrs. Karen!!!

This book is truly helpful in "how to" forgive those really tough situations or for this reader, the ones that keep replaying in my head and heart and I somehow can't turn down the volume. Karen shows you how, through the Word, with 3 steps specifically with Scripture. It's clear she is a teacher. And a good one! One of the biggest things that struck me was that we CAN forgive our brother "up to seven times...70" as the Bible states. If you are feeling angry too often or are truly stuck like Chuck, buy this book. If you need to remove some barbs that surface for "no apparent reason", it can help. Karen shows you how to forgive & to repent with scriptural references outlined in basic steps & accompanied by powerful testimonies. The debt we owe God is much greater than the debt anyone may owe us. We can forgive others as quickly, as often, and as generously as God forgives us. I really think this book will help you, I'm buying it for frequent reference!

I Forgive You, But... is a message every single person needs to hear. As I read it, I was amazed at the small things I encounter daily I often ignore or reason away that is actually unforgiveness. Even now I find myself in situations where it would be so easy to take offense and I choose to let it go. I do this not to absolve the person, but to protect the cleanliness of my heart. Whatever you are dealing with in your life, if you have ever encountered a negative situation, this book is for you. It's a timely message that needs to be refreshed, not just once but over and over again. With Karen's obvious gift as a teacher paired with her stories, life applications, and Biblical foundation, this is a book that will bury itself deep inside you and you will find yourself meditating on it as you continue in your daily life.

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