

Welcome to the second topic in the series Hope4HeavyHearts, a ministry dedicated to serving people by helping them to overcome the issues that weigh our hearts down and to foster the virtues that allow us to live in freedom, peace, and joy. We are glad you decided to join us on this journey.

### **Podcast: "What Does Real Forgiveness Look Like"**

Christian Counseling and Educational Foundation

*In this episode, Andrew Ray talks with Cecelia Berhardt and Winston Smith about forgiveness. Their discussion was prompted by a listener's question, "What is real forgiveness? What if I just can't forget? Does forgiving mean I have to seek reconciliation?"*

**Cecelia Bernhardt** is a faculty member at CCEF and the director of counseling. She holds an MDiv from Westminster Theological Seminary and has earned the advanced counseling certificate through CCEF. She has worked in various Christian ministries for many years, including women's ministries at her church.

**Edward T. Welch, M.Div., Ph.D.** is a counselor and faculty member at CCEF. He earned a Ph.D. in counseling (neuropsychology) from the University of Utah and has a Master of Divinity degree from Biblical Theological Seminary. Ed has been counseling for over thirty years and has written many books and articles on biblical counseling, including *When People Are Big and God Is Small*; *Addictions: A Banquet in the Grave*; *Blame It on the Brain? Depression*; *Running Scared*; *Shame Interrupted*; *Side by Side: Walking with Others in Wisdom and Love*; and *A Small Book about a Big Problem: Meditations on Anger, Patience, and Peace*.

### **Additional resources:**

Book: *Forgiving Others - Joining Wisdom with Love*, Timothy Lane, New Growth Press, 2009, 24 pages.

We would be happy to send you a complimentary copy of this book. Simply reply to this email with your mailing address to request one.

If you would like to meet in person with others in this series to discuss the issues, mark your calendar for Thursday evening, April 15, 2021. More details will follow by email as to the exact time and place.

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