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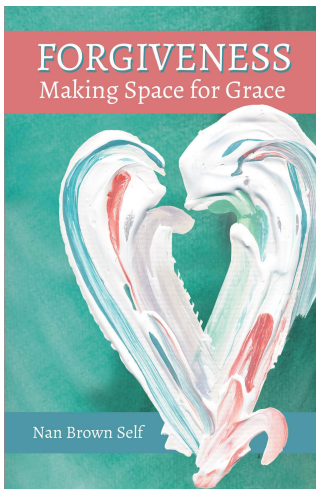


*From the moment I picked up Nan Brown Self's book, *Forgiveness: Making Space For Grace*, something wonderful began to occur. I became keenly aware of the power of forgiveness and how much God wants us to be free of the guilt and shame of the past. If you need to forgive someone, including yourself, this book offers real hope, help and healing!*

- Babbie Mason, award-winning singer, songwriter and author

Forgiveness: Making Space for Grace

Profoundly Practical. Intensely Personal. Ultimately Peaceful



Dallas - Forgiveness is often spoken of, attempted by many, occasionally understood. Nan Brown Self unlocks the secret to experiencing and practicing this fundamental key to walking in freedom from our past offenses in her newly released book *Forgiveness: Making Space for Grace* (Brown Books Publishing Group, March 2017).

Nan has a passion for applying the teachings of Scripture to everyday life and has taught on the subject of forgiveness for over thirty-five years. But it was her own exhaustion and load of emotional baggage carried far too long that brought her to the foot of the Cross. “Why do you continually bring your burdens of unforgiveness but never leave them there,” she sensed the Lord saying. In seeking to answer His question, she found fresh perspective on one of the most fundamental teachings of Scripture and more importantly, experienced the grace of forgiveness that left her “past” where it belonged – at the Cross with Jesus.

Lana Bateman, president and director of Philippian Ministries states, “Nan Brown Self has given us a treasured gift in her book, *Forgiveness: Making Space for Grace*. She helps us understand how the grace of forgiveness brings peace and harmony to our souls. Open your heart now to God’s amazing love as you learn to make space for the grace of forgiveness. It can set you free!”

Now everyone has the opportunity to truly understand and experience this same grace of forgiveness through Nan’s latest work. ***Forgiveness: Making Space for Grace*** is profoundly practical. With biblical insight, Nan helps the reader identify the roots of unforgiveness, experience healing of old wounds, begin the journey of restoring relationships, and maintain their walk in peace and freedom. Each chapter concludes with practical questions, a worksheet, and a prayer, making it ideal for study groups or private devotionals. Drawing from her personal encounter with the grace of forgiveness and the immutable truth of God’s Word, Nan charts the course to freedom from our past grievances and offers a prescription to maintaining that freedom on a daily basis.

“Forgiveness is the gift of grace from the heart of Jesus,” states Self. “He carried your sins to the cross and bore the pain of those sins so that you might be pardoned from their binding power and consequences. Through His grace, you receive a release from sin that you have not earned or deserved. In order to receive this gift, you need to accept His forgiving grace.”

Forgiveness: Making Space for Grace

Nan Brown Self

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www.ForgivenessByGrace.com



Nan Self

Nan Self is a third generation author. Her father, Ed Brown, a Lt. Colonel in the Air Force, wrote a glider pilot training manual and numerous articles for military magazines during World War Two. Her grandmother, Jessie G. Thomas, wrote three books of prose entitled Sugar and Spice, Polly Omy, and Katydid. They were published between 1945-1955.

Nan has always found writing to be a creative outlet for her whether she was writing in her personal journal or writing syllabuses for classes that she was teaching. In her late twenties Nan began studying the Bible to find answers to many of the questions that she had about God and her relationship with Him. She found the answers that she was looking for in the scriptures. After she studied with numerous Bible teachers, she became a teacher of Bible classes and seminars throughout Texas. Nan has a passion for applying the teachings of the Bible to everyday life. For over 35 years she has enjoyed teaching forgiveness with an emphasis on releasing the past through forgiving and rebuilding relationships.

She has a BA degree in Psychology from the University of Texas at Dallas and a Master of Education degree from the University of North Texas at Denton. Nan is a retired Licensed Professional Counselor and Registered Play Therapist. She is a former member of the American Association of Christian Counselors. She counseled and taught families, individuals and children for over 10 years. Nan and her husband live in Texas. Find her online at ForgivenessByGrace.com.

Q & A with Nan Brown Self

*Author of **Forgiveness: Making Space for Grace***

1. The title of the book indicates that there is a connection between forgiveness and grace. Can you explain that connection?

Our sin is what keeps us from enjoying a relationship with God. You could say that each of us offended Him through our disobedience. He chose to forgive us and restore our relationship with Him through His son, Jesus. Forgiveness is the gift of grace from the heart of Jesus. He carried our sins to the Cross and bore the pain of those sins so that we might be pardoned from their binding power and consequences. Through His grace, we receive a release from sin that we have not earned or deserved. It is a gift, and in order to receive this gift, we need to accept His forgiving grace.

2. There are many people that may not understand the importance of forgiveness. Why is it such a big deal?

Forgiveness is the key to healthy relationships with God and with each other. Our failure to accept the grace of forgiveness for our own lives and then give that very same gift to others prevents us from experiencing a vibrant relationship with God and with other people. When we don't forgive, we can become prisoners of unforgiveness, judgment, and bitterness. We may be physically alive, but we are held captive by our past and unable to walk in the freedom that Jesus died to give us.

3. You've dedicated a chapter to "bitter-root judgment". What is it and what does it have to do with forgiveness?

The Scripture refers to a "root of bitterness" in the book of Hebrews. We are warned to watch out for it, to be sure that we do not lose our grip on grace and allow bitterness to overtake us. Bitterness poisons us and can ruin every relationship we have. It is the result of judgments we have made of others especially the judgments we have made against our parents. When we judge one or both parents, we set in motion a bitter-root judgment and an expectation that we will do the same thing that we have judged them for. It is vitally important to uproot our bitter-root judgments by confessing them and repenting of them so that we can be set free to honor our parents and live a long life. Deuteronomy 5:16

4. You describe unforgiveness as a prison. What does it mean to be a captive and what is the first step to making space for grace?

A captive is someone who is taken by an enemy and put into prison. Unforgiveness, refusing to forgive your offender, is an enemy because it is a sin and a bondage. When a person will not forgive, they go into the prison of unforgiveness. This prison isolates and separates them from others because they are holding onto the offenses of another person from their present or their past.

God requires everyone to forgive. It is not an option. Some of the consequences of unforgiveness are fear, anger, bitterness, resentment and rage. A few of the gifts of forgiveness are love, gratefulness, joy, mercy, and faith. Forgiveness brings peace, freedom and healing.

Our first step to making space for grace occurs when anyone offends us. God offers us the grace to forgive them. We have a choice to make as soon as the offense occurs. We can choose forgiveness or unforgiveness. If we

choose to forgive the offender and release their offenses to God, then we have extended God's grace to them. That is the first step to making space for grace. We are free and they are freely released. We received the gift of God's forgiving grace from Him and we share that grace with them.

If we do not choose to forgive the offender, then the first step to make space for grace is to confess our sin of unforgiveness and repent of it.

5. When did you create the steps of forgiveness for restoring relationships?

The steps of forgiveness for restoring relationships are really a compilation of years of my personal journey of walking in forgiveness, teaching and counseling. After teaching on a variety of different subjects related to forgiveness for many years, I realized that I had a list of steps that fit together.

6. Briefly describe the steps of forgiveness for restoring relationships with others.

- a) No matter how big or small your relationship wound, God is always waiting for you in expectation and patience. All you have to do is say His name and He is there with you. He heals your wounds and meets your needs.
- b) Allow yourself to experience any feelings surrounding the offense toward you. Take an honest look at how the offense has impacted your soul and spirit.
- c) Give yourself permission to grieve over the offenses. Release your wounded feelings to God.
- d) Extend grace to yourself and give yourself time to heal.
- e) Allow grace to bring you to a place where you confess, repent, and release yourself and your sins to God. Ask God to forgive your sin of unforgiveness.
- f) Receive God's forgiveness by faith for yourself and others.
- g) Pray for yourself. Ask God to show you what your needs are. Ask Him to meet them.
- h) Choose to actively forget the offense as the wound heals. If the memory of the wound tries to come back to your mind, refuse it and verbally choose forgiveness.

7. You state that the prison of unforgiveness and the prison of passivity are similar, yet very different at the same time. How so?

The two are similar structures because they are both prisons. We place ourselves in the prison of unforgiveness when we are unwilling to forgive. We can release ourselves from the prison the moment we offer forgiveness to those who offended us. The prison of passivity is different because we become incarcerated over a period of time through our

unwillingness to make choices and act on them. We become passive and stuck. To be set free from the prison of passivity stand against passivity in yourself. Accept responsibility for making decisions. Each decision that you make and act on removes a bar from the prison of passivity. Coming out of the prison structure of passivity is a deliberate process that requires diligence and perseverance. Freedom from the prison of passivity is a gradual process while freedom from the prison of unforgiveness can happen quickly. If you choose to forgive someone, you make space for God's grace in your heart and you are released from the prison of unforgiveness.

8. Even though you had personally practiced the principles of forgiveness for years, you found that there had been a "missing ingredient" that prevented you from consistently walking in forgiveness. What was the "missing ingredient"?

Placing my faith in God was the missing ingredient that kept me from consistently walking in forgiveness. For years, I realized that I had tried to leave the dark place of my sin and my past, which I thought I had taken care of through confession and repentance. I kept going through the steps of forgiveness, but I still felt as though I was dragging my past with me. I never realized that in order to leave the past, I had to have faith in God and His provision for freedom in my future. I told God that I was ready to leave my past behind me. As I put my faith in Him, I felt as if a very powerful, heavy weight had been lifted from my spirit. I was no longer in bondage to the past. My struggle to find what I was missing was over.

What People Are Saying

“From the moment I picked up Nan Brown Self's book, *Forgiveness: Making Space For Grace*, something wonderful began to occur. I became keenly aware of the power of forgiveness and how much God wants us to be free of the guilt and shame of the past. If you need to forgive someone, including yourself, this book offers real hope, help and healing!”

Babbie Mason

Award-winning singer, songwriter and author

“Nan's book, *Forgiveness: Making Space for Grace*, is the most comprehensive teaching on forgiveness that I have ever encountered. It helps anyone to turn to Christ and be able to be released from the bondage of their past through opening the door of forgiveness in their heart. She has helped me to understand how to receive the gifts of grace and peace by truly forgiving myself and others.”

David A. English

Cru. Leadership Development

“The Greeks taught us about ethos, pathos, and logos and Nan Brown Self brings it to us! In *Forgiveness: Making Space for Grace*, the author is the real deal. She pours her heart into writing this book and that heart has a lifetime of education, experience, and expertise in dealing with people and helping them. The book is jam-packed with scripture, illustrations from real life, and practical application. She will walk you through the complete process, every clear step of the way, so that YOU can make space for grace in your life and the lives of those you care about.”

*George B. Burriss II, DMin, PhD,
Minister, psychologist, speaker*

“Nan Brown Self has diligently put forgiveness into an anointed and practical handbook! I walked through the developing content of *Forgiveness: Making Space for Grace* in my early twenties. Applying the sound, clear, biblical principles of forgiveness has now blessed four generations in my family! Nan's insightful process positioned me to ask the Holy Spirit to identify bitter root judgements which made space for grace to live free indeed! It has made room for Jesus to love through me with grace and truth as a daughter, wife, mother, sister, friend, professional and a grandmother next year! A life impacting read!”

*Ginnie Johnson
Kings Daughter*

“Nan Brown Self is a remarkable person with gifted compassion and love, deep wisdom and common sense, and amazing forgiveness and grace. She has written a profound book which will bless many people with wondrous forgiveness and generous grace. The book will help both individuals and study groups. Her helpful insights and suggestions, reflective questions, worksheets, and prayers will stir and advance your experience and understanding of forgiveness and grace in your life.”

*Dr. Kennon L. Callahan, Ph. D.
Best Selling Author, Researcher, Professor, Consultant, Pastor*

"Nan Brown Self has given us a treasured gift in her book, *Forgiveness: Making Space for Grace*. She helps us understand how the grace of forgiveness brings peace and harmony to our souls. Open your heart now to God's amazing love as you learn to make space for the grace of forgiveness. It can set you free!"

*Lana Bateman,
President/ Director Phillipian Ministries
Author, Help for Hurting Hearts*

"In these days of incivility and hostility Nan Brown Self's message of hope and restoration through forgiveness is welcome. Her helpful process outlines the way to Christian freedom. Nan's earnest desire for all Christians to experience the joy of living in forgiveness gives her writing an urgency and strength."

*Brenda A. Smith, President
Breakfast With Fred Leadership Institute
BWF Project, Inc.*

"*Forgiveness: Making Space for Grace* is a wonderful, heartfelt invitation to let go of unforgiveness. Rooted in biblical wisdom, and always pointing toward Jesus, what this book offers, in a word, is freedom."

*Bryan Dunagan
Senior Pastor, Highland Park Presbyterian Church*

"Jesus takes forgiveness seriously. It is not only crucial to a healthy lifestyle in this present life but the willingness to forgive is indisputable evidence of our relationship to Jesus. By His grace, our massive debt of sin has been forgiven. It is a moral monstrosity to not forgive when we've been forgiven much. But it's not easy. If you are willing to make some space for grace in your own life, the principles in this book, born out of Nan Brown Self's own personal journey, will lead you through a process of forgiveness that will benefit you both in this life and in the life to come."

*Gary Brandenburg
Lead Pastor Fellowship Dallas*

"Nan Brown Self has written a book that is both personal and Biblical on one of the most important issues of our day, forgiveness. As the Founder of Reconciliation Outreach I have seen the destruction of unforgiveness in our society and believe that making space for forgiveness in your life is a vital need for both the church and the world."

*Dorothy Moore
Chairman of the Board & Founder of Reconciliation Outreach*