

The Steps of Forgiveness

1. Prepare Your Heart:

Reading what God says about forgiveness can help us orient our heart and mind and be ready to enter the forgiveness process openly and honestly. Here are some suggested verses:

Colossians 3:12-14

Luke 17:3-4

Mark 11:25

Matthew 6:9-15

Matthew 18:21-35

2. Name the hurt and the offenses:

Write down all the ways the person has hurt you (actually write it on paper, you can use the back of this sheet). If you are having a hard time articulating what they did, start by writing down how you feel towards them, then start by asking 'why do I feel this way?'. Be specific and detailed.

3. Pass the hurt to Jesus:

Scripture tells us to pass our cares and our burdens to Jesus.

Peter 5:7

Psalms 55:22

John 14:27

Spend a few moments using your sanctified imagination to hand Jesus these hurts and wounds that you carry. Take as long as you need, until you are able to visualize Jesus carrying these burdens and hurts for you.

4. Declare your forgiveness:

Speak out loud the following words as a declaration to God and to the enemy which seeks to keep you from forgiving.

"Thank you Jesus for dying that I might be forgiven. I now choose to forgive insert name for list the hurts and offenses. I release him/her into the freedom of my forgiveness. I release him/her from all debts he/she might owe me, especially love. I choose to place these burdens and hurts at your feet, and I ask that you help me to leave them where they belong. Amen."