



FORGIVENESS PROCESS

Write a letter to the person you are intending to forgive utilizing the six steps listed below:

1. Dear _____, (write an accusatory letter stating all the incidents that have happened from the time you met them until today. Don't let either time or fatigue stop you from listing each incident until you are finished.)
2. Continuing to write "And now _____, I forgive you. I forgive you for this and this (listing each category of offenses)." You don't have to feel this part – you only have to mean it.
3. Continuing to write "Your name, I forgive you. I forgive you for carrying all these things around and garbaging up your life."
4. Continuing to write "Lord Jesus (God), I ask your forgiveness. You instructed me to forgive in your Word and I haven't." (Maybe you didn't know you were supposed to forgive, but now you do.)
5. Now _____, I want to bless you in the following way...write your blessings.
6. (Continuing to write and addressed to all of the above) Now that I have forgiven and have been forgiven, my life will be different in the following ways:

Remember to write #5 and #6 on a separate piece of paper, as you won't burn this part. You will keep it to remind yourself of how life will be different.

ASK Yourself:

WHAT DO I HAVE TO GIVE UP TO FORGIVE THE OTHER PERSON?

- If I forgive, I would have to give up the fact that I can't prove I am right.
- If I forgive, I would have to give up the fact that they may never know or understand how deeply they have hurt me.
- If I forgive, I would give up the thought that they will or should ever have to pay for the pain they have inflicted.
- If I forgive, I would have to give up anger and resentment.
- If I forgive, I would have to give up my pride.