**Processing your Letter**

1. Write the letter of forgiveness . . . all six sections complete (see forgiveness process)
2. Find a place that is private . . . set two chairs opposite each other. Sit down in one of the chairs and imagine the person you are forgiving sitting in the other chair. This will be an opportunity to speak to that person without them defending, attacking, or using guilt to control you. Read the letter to them in a slow and deliberate way allowing any emotion that you feel to express itself, i.e. crying, yelling, etc.
	1. Read **part one** of the letter . . . pause, take a deep breath and . . .
	2. Read **part two** . . . “and now I forgive you” . . . remember, you don’t have to feel it – only mean it.
	3. Stay seated where you are . . . place you in the chair opposite you. Addressing you by name, forgive the things that you have written by reading **part three**.
	4. Place the Lord in the chair and read **part four** as a prayer to ask for forgiveness for having not forgiven and anything else you might want to say to Him.
	5. Place the person you are forgiving back in the chair and read **part five** . . . the blessing.
	6. Now, to everyone, read **part six** . . . “now that I have forgiven and been forgiven, my life will be different in the following ways.”
3. Ask yourself this question: “Are you willing to let all of these things go and never reach for them again? If the answer is “yes”, . . .
4. Find a fireplace, fire pit, a bucket, etc. that you can burn the letter in. Take the letter and place it in the fire one page at a time and let the contents go as it burns knowing that the sacrifice of forgiveness is a sweet smell in the nostrils of God.
5. Sit quietly as you just let the freedom sink in knowing that you have been set free.
6. As soon as possible, find an excuse to be around the person you have forgiven . . . you will find that they will no longer be able to push the buttons in you that cause pain. Remember Galatians 5:1 “Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”
7. Celebrate your “Independence Day”