

PROCESS OF FORGIVENESS:

1. Acknowledge the offense to God.
2. Express to God how it made you feel. Review "How Do You Feel" (next page).
3. Express to God your deliberate decision to forgive based on what Jesus did for you on the Cross. Agree with God you are giving up your right to punish, get even, right to judge, condemn or make right the wrong done and you trust Him to take care of the offender in His timing and in His way.
4. Accept the person as he/she is. You are yielding your expectations to God. Ask for healing in his/her life.
5. Be willing to risk being hurt again. Ask God to take down any walls of self-protection. Trust God to heal and protect if you get hurt again.
6. Express to God your emotions that came from the offense. Trust God to meet your needs and giving Him your emotions for healing. Prepare a God's Plumb Line Chart" (refer to Day 5 of the homework) to help guide you through your behavior, emotions, thoughts, beliefs, and worship to what you are truly believing about yourself, God and others.
7. Trust the Holy Spirit to start the R.E.A.C.T. process in dealing with your emotions.
8. Be willing to pray the Forgiveness Prayer for this person.