

## Forgiving (Vs9)

**Matt 6:12-15**

**12 Forgive us our debts,  
as we also have forgiven our debtors.**

**13 And lead us not into temptation,  
but deliver us from the evil one.'**

**14 For if you forgive men when they sin against you, your heavenly Father will also forgive  
you. 15 But if you do not forgive men their sins, your Father will not forgive your sins.**

**Offender(Person):** \_\_\_\_\_

**Do I ruminate about the hurt? Yes/No**

**Eccl 2:22-23 What does a man get for all the toil and anxious striving with which he labors  
under the sun? 23 All his days his work is pain and grief; even at night his mind does not  
rest. This too is meaningless.**

**Do I want to forgive the offender? Yes/No**

**Pray for God's help to forgive this person.** \_\_/\_\_/\_\_

**What will happen if I do not forgive:** \_\_/\_\_/\_\_

1. It allows me the chance to get even.
2. It allows me to continue to feel psychological and medical components.
3. It poisons the well for future relationships. It allows for transference.

**What do I ruminate about?**

*Write the transgression on a piece of paper and nail it to the cross.* \_\_/\_\_/\_\_

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**Recalling the Hurt:**

*When did hurt happen?* \_\_/\_\_/\_\_

*Where did the hurt take place?* \_\_/\_\_/\_\_

*Why did the perpetrator hurt me?* \_\_/\_\_/\_\_

*What do I feel about the hurt(s)?* \_\_/\_\_/\_\_

## **Empathy for the Perpetrator:**

*Write and say a prayer for the perpetrator. \_\_\_/\_\_\_/\_\_\_*

Use the Lord Prayer as an out line.

*'Our Father in heaven, \_\_\_/\_\_\_/\_\_\_*

*hallowed be your name, \_\_\_/\_\_\_/\_\_\_*

*your kingdom come, \_\_\_/\_\_\_/\_\_\_*

*your will be done \_\_\_/\_\_\_/\_\_\_*

*on earth as it is in heaven. \_\_\_/\_\_\_/\_\_\_*

*Give us today our daily bread. \_\_\_/\_\_\_/\_\_\_*

*Forgive us our debts, \_\_\_/\_\_\_/\_\_\_*

*as we also have forgiven our debtors. \_\_\_/\_\_\_/\_\_\_*

*And lead us not into temptation, \_\_\_/\_\_\_/\_\_\_*

*but deliver us from the evil one.' \_\_\_/\_\_\_/\_\_\_*

*What do I know about the perpetrator? \_\_\_/\_\_\_/\_\_\_*

*What might have motivate the perpetrator to commit this hurt? \_\_\_/\_\_\_/\_\_\_*

*Write a letter of apology for the perpetrator. Apologies for each of the hurts and state what the perpetrator may do to make amends for the hurt. \_\_\_/\_\_\_/\_\_\_*

## **My Altruistic Gift of Forgiveness**

*Have I done something similar to the hurt caused by the perpetrator? \_\_\_/\_\_\_/\_\_\_*

*Can I admit that I can be just as cruel as the perpetrator? \_\_\_/\_\_\_/\_\_\_*

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*Was I forgiven? \_\_\_/\_\_\_/\_\_\_*

Can I rise above the hurt and revenge? \_\_\_/\_\_\_/\_\_\_

Can I give the gift of forgiveness to the perpetrator? \_\_\_/\_\_\_/\_\_\_

Can I love the perpetrator? \_\_\_/\_\_\_/\_\_\_

Can I bless the perpetrator? \_\_\_/\_\_\_/\_\_\_

Can I treat this person as a fellow human being? \_\_\_/\_\_\_/\_\_\_

### **Commit Publicly to Forgiving**

1. Tell my self that I can forgive the perpetrator. \_\_\_/\_\_\_/\_\_\_

State what the hurt is.

Empathize with the perpetrator - forgivable reasons.

Altruistic gift of forgiveness

2. If I am criticizing the perpetrator constantly in my mind or by words I need to stop doing that. Every time I think critically I need to think of a loving act towards the perpetrator. Every time I say something critical I need to stop and apologize to me and the perpetrator. \_\_\_/\_\_\_/\_\_\_

3. Make a list of the perpetrators strengths. \_\_\_/\_\_\_/\_\_\_

4. Write the transgression on my palm in black ink and then watch it ware off. \_\_\_/\_\_\_/\_\_\_

5. Read John 8:7 and drop the stone. \_\_\_/\_\_\_/\_\_\_

Write something about the perpetrator and yourself before you read John 8:7

Read **John 8:7**

Write something different about the perpetrator and yourself after reading John 8:7.

6. Write a letter of forgiveness to the perpetration. \_\_\_/\_\_\_/\_\_\_

**Matt 5:23-24** "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

Read previous letters of forgiveness

Outline for the letter

State what the hurt is.

Empathize with the perpetrator - forgivable reasons.

Altruistic gift of forgiveness. For each offence write, "For this I forgive you."

Suggest in the letter that the two of you might meet(see 11 below).

*Read this letter to someone.*

*Who did I read it to? \_\_\_/\_\_\_/\_\_\_*

*Comments by listener:*

*Decide if it is appropriate to mail the letter to the offender. \_\_\_/\_\_\_/\_\_\_*

7. Write a Certificate of Forgiveness in ink on good paper. Use form, fill it out ,print and sign. Attach signed certificate. \_\_\_/\_\_\_/\_\_\_

8. Tell God that I have forgiven the offender. \_\_\_/\_\_\_/\_\_\_  
Decisional Forgiveness \_\_\_/\_\_\_/\_\_\_ Emotional Forgiveness \_\_\_/\_\_\_/\_\_\_

9. Tell God that to help me give up all desire for personal vengeance against the perpetrator (legal matters still need to be addressed-see 13 below). **Rom 12:19-20** Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay ," says the Lord. \_\_\_/\_\_\_/\_\_\_

9. Tell myself that I have forgiven the perpetrator. \_\_\_/\_\_\_/\_\_\_

**Mark 11:24-25** Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. 25 And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

Decisional Forgiveness \_\_\_/\_\_\_/\_\_\_ Emotional Forgiveness \_\_\_/\_\_\_/\_\_\_

10. Tell a trusted friend that I have forgiven the perpetrator. \_\_\_/\_\_\_/\_\_\_

11. Talk to the transgressor and forgive that person if possible and if appropriate. \_\_\_/\_\_\_/\_\_\_

12. Ask God for Forgiveness. \_\_\_/\_\_\_/\_\_\_

13. Are there any legal matters that need to be addressed? If so what would be the responsible way to deal with matter with the offender? Yes/No. \_\_\_/\_\_\_/\_\_\_

14. Forgive myself for my behavior towards the offender. \_\_\_/\_\_\_/\_\_\_

15. Let go of the hurt feelings and give it to God. \_\_\_/\_\_\_/\_\_\_

### **Holding On To Forgiveness**

1. Realize that the Pain of a remembered hurt is not unforgiveness. The pain might even get worse when we give up the right to anger and revenge. \_\_\_/\_\_\_/\_\_\_

2. *Don't dwell on negative emotions.* \_\_\_/\_\_\_/\_\_\_

3. *Remind yourself that you have forgiven the person.* **Matt 18:21-22** Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. NIV

\_\_\_/\_\_\_/\_\_\_

4. *Seek reassurance from a partner or a friend.* \_\_\_/\_\_\_/\_\_\_

5. *Use the documents that you created.* \_\_\_/\_\_\_/\_\_\_

6. *Look at the Pyramid Model to REACH Forgiveness and think through the steps again.*

\_\_\_/\_\_\_/\_\_\_

### **Finale Step**

1. In red ink write "For this I forgive you" over all of the offences listed above and on the sheet of paper nailed to the Cross. \_\_\_/\_\_\_/\_\_\_

2. *Burn the Transgression note on the Cross..*

a. *Tare the paper into very small pieces*

b. *Burn the paper slowly*

c. *use incense*

d. *enjoy the process*

e. *keep telling yourself that the person is forgiven.*

3. *Wash all equipment as a sign of washing away our sins.* \_\_\_/\_\_\_/\_\_\_

4. *Put this paper in Book of Forgiveness.* \_\_\_/\_\_\_/\_\_\_

5. Put a new sign on the cross the offender has been forgiven and leave it there for a day.

\_\_\_/\_\_\_/\_\_\_

6. Do I feel at this point that I can have different relationship with the perpetrator? \_\_\_/\_\_\_/\_\_\_

7. Put together a plan that will not allow the offender to hurt you again. This plan is not to harm the offender but to protect yourself and to set boundaries so that he can not hurt you again. \_\_\_/\_\_\_/\_\_\_

8. Take steps to develop a Christian relationship with the perpetrator. \_\_\_/\_\_\_/\_\_\_

9. Summarize in my own words the following benefits.

It frees one from the ownership of the past. I no longer ruminate about the past.

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I breaks the cycle of retribution. It stops the fighting.

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I places retribution where it should be placed-in God's hands.

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I facilitates personal healing and growth. I can direct my energy towards myself.

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I facilitates personal dignity. I don't behave like the offender.

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