

FOOTSTEPS TO Forgiveness

THE TEN STEPS TO FORGIVENESS

The purpose of forgiveness is not for the other person but to set ourselves free from the bondage of damaging emotional high-jacking. Unforgiveness keeps us tied to the situation, the person, and the pain. Forgiveness provides **YOU** a way to *escape the emotional high-jacking and walk in the freedom, peace, and joy God intended for you.*



1 STEP OUT OF DENIAL. Feel the pain, hurt, resentment, bitterness, and sorrow.

What am I feeling in this situation?

2 SUBMIT IT TO GOD. Jesus Christ has forgiven those who have repented. Submit yourself to God, knowing His Son Jesus Christ forgives our sins. If we desire mercy, we have the opportunity to extend mercy as Christ did to us.

How can I surrender this to God today?

3 ASK FOR GOD'S POWER. We typically can't do this in our own ability. Ask for God's power and grace to forgive.

Where do I need God's help to forgive?

4 AGREE TO LIVE WITH THE CONSEQUENCES. Agree (with God's help) to live with the unavoidable consequences of the other person's sins against you. This is you picking up your cross when others sin against you.

What are the consequences I must accept?

5 WRITE IT DOWN. Write on a piece of paper the offense. Release and surrender the offense. Tear up the debt and the paper the other person owes you. Repent to God for holding an offense or sinning in response.

What offense(s) do I need to release to God?

6 MAKE THE CHOICE. Make the choice today to NEVER bring it up again as a weapon.

How will I choose not to bring it up again?

7 REJECT AND RENOUNCE. Reject and renounce out loud the sinful act of their behavior and any sinful response pattern you chose.

What sinful patterns do I need to reject?

8 TURN VENGEANCE OVER TO GOD. God says in His Word vengeance is mine, says the Lord. Turn vengeance and retaliation thoughts over to Jesus Christ and submit the other person to the hands of God and the necessary authorities.

What do I need to release to God's justice?

9 KEEP FORGIVING. When your mind begins to recycle the emotions or if the sin is repeated against you again, keep forgiving. Often, in situations where the person isn't available, unreachable, or for safety, it's better to not meet with them or have passed away.

What triggers keep resurfacing, and how will I respond with forgiveness?

Pray this out loud:

"I am so sorry that I did that to you. I was wrong. I am broken.

I should have never mistreated you that way. Can you please forgive me?"

"I choose by an act of my will to forgive you because Christ has forgiven me."

10 FILL THE SPACE WITH GOD'S LOVE. Replace the space (resentful feelings) in your heart and mind with the choice of your will with Christ's forgiving love for that person. Ask to see that person the way the Lord sees them.

How can I ask God to help me see them through His eyes?



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