

# Steps of Forgiveness

*And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you (Ephesians 4:32).*

| STEPS      | DIRECTION  | REQUIREMENT                               | GOAL                  | AS GOD             | LOVING HIM/HER |
|------------|------------|---|-----------------------|--------------------|----------------|
| Relinquish | Vertical   | The offended One's choice                 | Personal Freedom      | Christ's Sacrifice | As an "Enemy"  |
| Reconcile  | Horizontal | The offender Repents                      | Restored Relationship | Salvation          | As a Neighbor  |
| Restore    | Horizontal | Health<br>Communication<br>Practical Love | Restored Fellowship   | Spiritual Growth   | As a Friend.   |

Practical steps for **relinquishment** of wrongs:

- A. Prayerfully list those you have not fully forgiven based on (Psalm 139:23-24). "Search me O God..."
- B. Name by name, list the issues that need to be *R elinquished* \_\_\_\_\_.
- C. *R ecognize* \_\_\_\_\_ the hurt and pain involved. (Tattle-tale to God, tell God what they did, how it hurt you, how you felt about it, etc. Express the hurt to GOD. It may help to say it out loud to God.)
- D. *E ntrust* \_\_\_\_\_ the case of each one to God, knowing He has seen it and will judge righteously based on (Psalm 55:22, Romans 12:19) "God will avenge..."
- E. Release any rights to *R evenge* \_\_\_\_\_. (Romans 12:17-21) "God will avenge..."
- F. Accept the inevitable, on-going *C onsequences* \_\_\_\_\_ of the wrongs. (James 1:2-3)
- G. Accept God's compensating *G race* \_\_\_\_\_ which is sufficient (2 Cor. 12:9). Jesus said, "My grace is sufficient for you, for my power is made perfect in weakness."
- H. *Document* this process and declare it "*done*" if the enemy brings it to mind again (James 4:7). When we forgive in obedience to God's Word, it "frees" us from the emotions that are connected with the wrongs. It is not that we forget the memory, it is that God removes the sting from the wrong so that bitterness cannot take root within our hearts. It also frees us from the "false guilt" that we may encounter when we bump into those memories. Declare it "*done*" in Jesus' name!