

8 Steps to Forgiveness

Adapted from Neil T. Anderson, Victory over the Darkness, p182-184

- ❶ Write on a sheet of paper the name of the person you need to forgive and what they did to you. Write down how you feel about this person and what they did.
- ❷ Accept that Jesus took upon Himself all the sins of the world, including this person's sins against you.
- ❸ Decide to forgive.
- ❹ Pray to God: "I forgive [name] for [what they did]." If you have felt bitter toward this person for a long time, you may also want to talk to a trusted friend who will pray with you.
- ❺ Destroy the list. You are now free. You do not need to tell the person that you have forgiven them.
- ❻ Do not expect that your decision to forgive will result in major changes in the other person. Instead, pray for them so they too may find the freedom of forgiveness.
- ❼ Expect positive results of forgiveness in you. In time you will be able to think about the people who offended you without feeling hurt, anger or resentment.
- ❽ Be sure to accept your part of the blame for what happened (if there is any). Confess your failure to God and to others (1 John 1:9).

