

Extending Forgiveness – God’s Way

Use these steps as a guideline to help you walk through forgiveness. As God brings people to your mind, extend His forgiveness and be set free.

1. Make a list of what the person did or didn’t do that affected you.
2. List all the hurt you have felt.
3. List all the ramifications of the offense. How did this action affect you spiritually, financially, socially, marital, psychologically, parentally or physically. This clarifies HOW the offense has affected you. Another ramification is that you can develop “rotten reasoning” about God, yourself and others. (*Example: God can’t be trusted; all men are horrible; I will never love anyone again.*)
4. List all sinful reactions regarding the offense. That would include such things as bitterness, gossip, revenge, slander, rage and abusive speech. This could include any grudge being held. This could also include an attitude of unforgiveness.

<u>NAME</u>	<u>OFFENSE</u>	<u>DATE FORGIVEN</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Use extra paper if necessary.

Before God, I _____, on this date _____, FORGIVE by faith _____ (regardless of my feelings) for _____. Father I am responsible for my reaction of anger. Take it and change me. I yield my position of death– death to the right to have others treat me the way I wish to be treated. Forgive them through me. Love them through me. And give me creative ways to express your love toward them. Help me bury these hurts with this covenant and not bring them up again or dwell on them. Even if I am hurt again, I choose to believe You will use it in my life to bring me closer to You. I choose right now to be a channel through which God’s forgiveness can flow.

Signed _____

INVALID REASONS FOR NOT FORGIVING

1. The offense was too great.
2. They don’t agree that they offended me.
3. They aren’t truly sorry.
4. They never asked to be forgiven.
5. They’ll do it again, or they did it again. Remember that forgiving a person does not mean you necessarily have to expose yourself to this person for the same mistreatment again. (Whether the Lord wants you to continue that relationship or on what basis, is totally a separate issue from forgiveness.)
6. I don’t like them. Only when we realize that forgiveness is an act of the will and not of the emotions, do we become free enough to clear all offenses.
7. They did it deliberately. (“They knew what they were doing, and they went ahead and did it!”)
8. If I forgive them, I’ll have to treat them right.
9. Someone has to punish him. How often do we want God to be merciful to us and yet want Him punish someone else? When we don’t see them suffer, we promote ourselves to be God’s “hand of vengeance.”
10. Something keeps me from forgiving. The devil promotes unforgiveness more than any other sin I know. When you in honesty attempt to deal with this problem, you may be in for a tremendous spiritual battle. Don’t be surprised if you have to resist the devil at every turn in order to accomplish this task of forgiving the offender.
11. I’ll forgive, but I won’t ever forget. You cannot actually forget; however, in true forgiveness you surrender the right to bring the offense up again. Without true forgiveness every wrong is “stored up” like ammunition against the offending person, ready to use to shoot him down when your feelings become overloaded. This is used to “prove” how bad they really are and also to justify your own actions.
12. I’ll be a hypocrite if I forgive, because I don’t feel like forgiving.
13. I’ll forgive, because I have found an excuse for the offense. You can excuse instead of forgive someone by simply reducing your perception of the offense through rationalization.