

12 Steps to Forgiveness

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

- ❶ Write on a sheet of paper the names of people who offended you. Describe in writing the specific wrongs you suffered.
- ❷ Face the hurt and the hate – write down how you feel about these people and their offences.
- ❸ Acknowledge the significance of the cross. It is the cross that makes forgiveness legally and morally right. Jesus took upon Himself all the sins of the world, including the sins of the person who offended you.
- ❹ Decide you will bear the burden of each person’s sin without retaliating against them.
- ❺ Decide to forgive.
- ❻ Take your list to God and pray the following: “I forgive [name] for [list of offenses].” If you have felt bitter toward this person for some time, you may want to talk to a Christian counselor or trusted friend who will pray with you.
- ❼ Destroy the list. You are now free. You do not need to tell the offenders what you have done.
- ❽ Do not expect that your decision to forgive will result in major changes in the other persons. Instead, pray for them so they too may find the freedom of forgiveness.
- ❾ Try to understand the people you have forgiven.
- ❿ 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.
- ⓫ Thank God for the lessons you have learned and the maturity you have gained as a result of the offenses and your decision to forgive the offenders (Romans 8:28, 29).
- ⓬ Be sure to accept your part of the blame for the offenses you suffered (if there is any). Confess your failure to God and to others (1 John 1:9) and realise that if someone has something against you, you must go to that person (Matthew 5:23-26).