

The Process Sheet

Steps to Forgiveness and Healing

A Current Struggle

Begin by reading...

Psalm 139:23-24, MSG

Investigate my life, O God, find out everything about me; cross-examine and test me, get a clear picture of what I'm about; see for yourself whether I've done anything wrong—then guide me on the road to eternal life.

1. Think of a current struggle in which you experienced feelings such as anger, anxiety, resentment, loneliness or depression.

1a. What happened? Be specific.

Keep your answers brief and to the point so they can be shared concisely in group.

1b. How did you feel?

Focus on simple emotions. Our feelings tend to follow a progression: disappointed and sad, hurt and angry, resentful and revengeful, lonely and depressed.

1c. How would you like to have been treated?

Any time we feel sad and hurt, it usually indicates we had an expectation that was not met.

1d. How did you react?

Example: *I got angry, called him/her a jerk, criticized him/her directly or indirectly, refused to talk, isolated, gossiped.*

1e. Select two or three words that best summarize your impression of the behavior of the "resentee."

Example: *I felt my roommate was critical and unappreciative.*

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A Childhood Struggle

Begin by reading...

Ephesians 6:4, NIV

Fathers, do not exasperate your children, instead, bring them up in the training and instruction of the Lord.

Hebrews 12:15, NLT

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

2. Think back to a time in your childhood when you felt the same feelings and when you felt like someone else behaved in the same way as what you recorded in 1e.

2a. What happened? Be specific.

Keep your answers brief and to the point so they can be shared concisely in group.

2b. How did you feel?

The feelings you write down here should be the same as, or similar to, those listed in 1b.

2c. How would you like to have been treated?

2d. How did you react?

Example: *I threw a tantrum, pouted, isolated, complained, etc.*

2e. Select two or three words that best summarize your impression of the behavior of the "resentee."

Example: *I felt my mother was critical and unappreciative.*

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Satan's Lies

Begin by reading...

1 Peter 5:8, NLT

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

John 8:44, NIV

...the devil...was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

Genesis 3:4, NIV

"You will not surely die," the serpent said to the woman.

- 3. Identify the lies** (false beliefs) **you believed in your childhood struggle and in your current struggle. After writing down the lies, fill in the truths that refute those lies.** (Hint: God's word is the ultimate source of truth, so look to it for your truths now.)

LIES	TRUTHS

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Confession

Begin by reading...

1 John 1:9, MSG

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

5a. Look at the summaries in your current and childhood struggles (1e and 2e).

Then in the space provided below, after "I can be" **fill in the same traits you recorded earlier, thereby confessing your projected attitudes and behaviors.**

Example: *I can be critical and unappreciative.*

I can be _____

As we confess these things to ourselves, God and others, our feelings of hurt and anger will lessen and we begin to be more compassionate toward others.

Now read...

Matthew 7:1-3, NIV

Do not judge, or you too will be judged, for in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?

Romans 2:1-3, NIV

You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things. Now we know that God's judgment against those who do such things is based on truth. So when you, a mere man, pass judgment on them and yet do the same things, do you think you will escape God's judgment?

5b. Write down how you practice the behaviors you confessed in 5a in your relationships with the people listed below.

Example: *I have been critical of my father rather than appreciate all he did to support me and the other members of our family.*

Person in your current struggle:

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Person in your childhood:

Others (spouse, if married):

Myself:

God:

5c. What do you falsely perceive as the benefits of your confessed behaviors?

Example: Revenge, feelings of being "better than," power, control, excitement, laziness, sympathy for having been wronged, etc.

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Forgiveness

Begin by reading...

Ephesians 4:31-32, NLT

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

6a. To recap, write down your confession from 5a.

I can be _____

6b. God has forgiven me.

Read the following prayer out loud:

"Thank you, Lord, for forgiving me. And thank you for also wanting me to feel forgiven."

6c. I can forgive others.

Fill in the blanks below with the names of the people in your struggles (current and childhood). On the second line, name the behavior of theirs that hurt you. When you are finished writing, read it out loud.

I forgive _____
for _____
I forgive _____
for _____

Note: If you feel unable to forgive or still feel extreme hurt at this point, take another look to see if you have anything else you need to confess.

Now read...

Matthew 6:14-15, NIV

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Matthew 18:21-22, NIV

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

6d. I can forgive myself.

Make your list. Then read the following statement aloud.

"I forgive myself for causing hurt and separation between me, God, and..."

6d. MAKE A LIST OF ALL THE PEOPLE YOU'VE BEEN SEPARATED FROM AS A RESULT OF THE HURTFUL ATTITUDES AND BEHAVIORS YOU'VE JUST CONFESSED.

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Repentance through Affirmation

Begin by reading...

Luke 6:27-28, MSG

"To you who are ready for the truth, I say this: Love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer for that person."

John 15:12, NIV

Love each other as I have loved you.

7a. Ask God to help you change your hurtful attitudes and unreasonable expectations and replace them with loving and affirming ones.

Note: As you repent, your sadness and disappointment will lessen and your joy will increase as you connect with others.

Begin repentant behavior with Affirmation. In the space provided, list three qualities you like about:

Yourself:

I am _____

I am _____

I am _____

Person in your current struggle:

He/She is _____

He/She is _____

He/She is _____

Person in your childhood:

He/She is _____

He/She is _____

He/She is _____

God:

God is _____

God is _____

God is _____

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Repentance through Actions

7b. For each person you included on this "Process Sheet," write down some specific, new, loving attitudes and behaviors toward them to replace your old attitudes and behaviors.

Example: *I will replace my attitude of criticism with one of affirmation.*

Person in your current struggle:

Myself:

Person in your childhood struggle:

God:

Others:

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Repentance through Amends

Begin by reading...

Matthew 5:23-24, NIV

If you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

Note: Wait to share this step of "The Process Sheet" with someone until after you have completed the section, "Power: Wiping the Slate Clean."

7c. Go to the people involved in your current and childhood struggles and do these four things:

1. Share the affirmations you wrote about them (7a).
Completed _____ Yes.
2. Share your confession with them (5a and b).
Completed _____ Yes.
3. Tell them you would love for them to forgive you.
Completed _____ Yes.
4. Act out your repentant behaviors (7b).
Completed _____ Yes.

Repentance through Appreciation

7d. Write a prayer thanking God for the work he has done in you today.

Amen.