

THE PROCESS OF SELF-FORGIVENESS FOR THOSE YOU HAVE HARMED*

DIRECTIONS FOR THE PROCESS OF FORGIVENESS

First and foremost, you are **not** to do this exercise on your own. You must do this with an accountability partner who can assist you as you walk through this painful journey. Before you begin, pray to God that He will reveal to you names and events in your life in relation to the sins you have committed against others and how this caused them personal injury physically, spiritually, emotionally, and mentally. Complete this entire exercise in writing and **do not** do this as a verbal exercise, because you will forget important details that will lead to your healing. It is important to write down your answers in detail, because this will increase your sense of self-awareness, help you to see the problems that you have caused by your actions and the actions of others, and it will help you to plan how you may avoid future problems. Complete each column from left to right entirely, and **do not** skip over any of the steps in this healing process. Finally, after completing the process of forgiveness, confess your sins to God, yourself, and your accountability partner, and have your accountability partner lay hands on you and pray for you as this is necessary for your healing (see James 5:13-16; 1 John 1:9).

1	2	3	4	5	6	7	8
Name of person you hurt	List the details of what you did to that person	In what ways did this harm them physically, emotionally, mentally, spiritually, etc.?	Did they contribute to the problem in any way?	Understand why you did what you did = compassion (What is your personal history?)	Grieve	Prayer for forgiveness for yourself	Reconciliation

* David G. Myers. *Psychology Through the Eyes of Faith*. Harper Collins. New York, N.Y. 2003. Pgs. 142-143.