



## Part 6 Ask for Forgiveness

Ask for forgiveness (step 6) I will offer forgiveness to those who have hurt me, and I will ask for forgiveness for any wrong I've done to others.

*God blesses those who work for peace. (Matthew 5:9)*

*You have heard that the law of Moses (Old Testament) says, 'Love your neighbor' and hate your enemy.' But I [Jesus] say, 'love your enemies! Pray for those who persecute you!' Matthew 5:43-45*

### 1. REVEAL \_\_\_\_\_

Admit that you've been hurt by others and you've hurt others

*To worry yourself to death with resentment would be a foolish, senseless thing to do. Job 5:2*

*And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye? Matthew 7:3-5*

### 2. RECREATE \_\_\_\_\_ OF FORGIVENESS

Forgiveness from God (1 Jn. 1:9; Isa. 1:18-20)

Forgiveness of yourself

Forgiveness for others (Mt. 6:14-15; Lk. 6:37)

Forgiveness for God [releasing God from misplaced blame]

### 3. REMEMBER \_\_\_\_\_

Make a list of (a) those you've harmed and (b) those you've been hurt by

I owe amends to:

I need to forgive:

Apology: "I'm sorry."

Amends: "I'm sorry and I'm changing my behavior and I want to make it right if I "owe" you anything.

### 4. REQUEST \_\_\_\_\_

Pray for a willing heart and the courage to (a) make amends to those you've hurt, and (b) offer forgiveness to those who have hurt you

*Never pay back evil for evil to anyone....Do your part to live in peace with everyone, as much as possible. Dear friends, never avenge yourselves. Leave that to God.... Instead, do what the Scriptures say: "If your enemies are hungry, feed them. If they are thirsty, give them something to drink, and they will be ashamed of what they have done to you." Don't let evil get the best of you, but conquer evil by doing good. Romans 12:17-21*

### 5. RESTORE \_\_\_\_\_

Go (a) make amends to the people you've hurt, and (Ephesians 4:15; Luke 19:8) (b) offer forgiveness to those who have hurt you (Mt. 18:21-22; Luke 6:31)

Amends	Offer forgiveness
Direct amends	Keep expectations minimal
Indirect amends	You're not saying what they did is okay
Exception: when it harms them	You're doing this to free pain from you
Take responsibility/no blaming	It's okay if they feel pain from your forgiveness

*Pay all your debts, except the debt of love for others. You can never finish paying that! Romans 13:8*

### 6. RECEIVE \_\_\_\_\_

*[Jesus said] "I am leaving you with a gift-- peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid. John 14:27*

*One last thought: You will never have to forgive anyone more than God has had \_\_\_\_\_.*