



Smoky Hill Vineyard

Practical Steps of Forgiveness

1. Decide to forgive: Forgiveness is a choice, not an emotion. We forgive as an act of obedience then ask and trust God to change our hearts accordingly

"Father, I choose to forgive *name*, just as you have forgiven me."

2. Be honest with God: Pour out your hurt to Him, tell Him about the specifics of the situation, and verbalize how you feel.

Psalm 55 is a good example of how to express and give it all to the Lord.

"Lord, you know I was hurt by..."

"What I really wanted was..."

3. Confess your sinful responses and ask for forgiveness

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Lord, I confess my own sinful reactions and responses (anger, bitterness, unforgiveness, self-protection, blame, defensiveness). I receive your forgiveness and invite your Holy Spirit to come and fill that part of me that's been filled with unforgiveness."

4. Release forgiveness: specifically name the person and the hurtful actions.

"I choose to forgive *name* for not loving me, not being there for me, rejecting me, abusing me..."

Be as specific as you can.

5. Relinquish any judgments and expectations of the person; release the person to God.

"I choose to release *name* to you, Father God. You are powerful and caring enough to deal with *name*, as well as to meet my needs. I choose to let go of any expectations and give my own needs to you."

6 Bless the person who hurt you.

"I choose to bless *name* just as you have forgiven, released, and bless me."

