

THE FORGIVENESS LIST

This is a holy moment in your life. You are about to entrust the injustices committed against you into the loving, capable, and just hands of God. Letting go of your bitterness and unforgiveness may feel like being stripped of any remaining tools you have for self-protection. But you can trust that God knows best, and that He wants to free you in ways you haven't been able to imagine possible. You have the presence of a trusted and loving friend, and most importantly the presence and power of the Holy Spirit who dwells within you!

Read the following verses out loud together as a way to prepare your hearts...

Psalm 34:18 "The Lord is near to the brokenhearted and saves those who are crushed in spirit."

Psalm 46:1-2 "God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea..."

Psalm 55:22 "Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken."

Psalm 147:3 "He heals the brokenhearted and binds up their wounds... the Lord supports the afflicted..."

1 Peter 5:7 "...casting all your anxiety on Him because He cares for you."

Have the trusted friend take a few minutes to open in prayer. Then it will be your turn to pray through your list...

- Remember to specifically articulate to God your commitment to forgive with each item, saying something like "God, I choose to forgive _____ for _____."
- Take your time. You will likely move through various emotions. Allow your friend to hold your hand or extend comfort as needed. Or perhaps you will not be as emotional as you anticipated. Trust that the healing comes through obedience to God's design, and that He is accomplishing great things regardless of how you feel as you go through the list.
- When you are done, TEAR THE LIST UP in the presence of your friend as a way to physically express the intention of forgiveness, and of releasing these sins into God's hands.