

FORGIVING OTHERS

“And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

~Ephesians 4:30-32

List the people who have hurt you or offended you, where there is any resentment or grudge held against them:

1. _____
2. _____
3. _____
4. _____
5. _____

Waiting Time

During your waiting time, let God...

1. **LOVE YOU**
Picture Jesus grieving with you, hurting with you when the offense happened. Picture Him taking the offense upon Himself and holding you in His arms. (Isaiah 53:4-5)
2. **SEARCH YOU**
Ask God to search your heart and show you any sin. (Ps. 139:23-24)
3. **SHOW YOU**
Ask God to show you His perspective of the other person and the entire situation.

Confession Time

- (1) Confess any sin of resentment, bitterness, self-pity, hatred etc...
- (2) Verbalize out loud to God your forgiveness of each person and what they did to you.

Example: “Because God forgives me, I forgive you, _____ for _____.”
(person’s name) (verbalize what they did)

Intercession Time

Pray for each person that you have forgiven today. Pray that God will draw them to His love and His truth, that they will see their need for Jesus’ healing and forgiveness.

Petition Time – Praying for Yourself

- A. Ask God to heal your heart and to continue to wash away the wounds in His cleansing love and forgiveness.
- B. Ask if there are any other steps you need to take in this forgiving process.

Application Time

Some possible application steps might be:

- A. To share and pray with a trusted friend.
- B. To see a professional counselor to work through any deeply-wounded areas.

Faith is our positive response to what God has said; spend a few moments praying through your eyes of faith. Picture yourself forgiven by God and free to love and forgive others. Express your gratitude to Him!

Taken from John Maxwell’s, *One Hour With God*, INJOY, INC.