

# Forgiveness Checklist

## Matthew 18:35

**This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.**

Think through your whole life, and forgive everyone who has hurt or wronged you. On a separate piece of paper, list the specific way each person wronged you, and forgive each wrong out loud.

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Parents, siblings, other family members</b> | <input type="checkbox"/> <b>spouse</b>                       |
| <input type="checkbox"/> <b>children</b>                                | <input type="checkbox"/> <b>friends</b>                      |
| <input type="checkbox"/> <b>romantic relationships</b>                  | <input type="checkbox"/> <b>teachers</b>                     |
| <input type="checkbox"/> <b>pastors or spiritual leaders</b>            | <input type="checkbox"/> <b>employers, coworkers</b>         |
| <input type="checkbox"/> <b>medical doctors</b>                         | <input type="checkbox"/> <b>police, government officials</b> |
| <input type="checkbox"/> <b>other races, groups, religions</b>          | <input type="checkbox"/> <b>enemies</b>                      |
| <input type="checkbox"/> <b>yourself</b>                                |  |

You have listed the wrongs these people did to you. Now ask God to show you any wrongs that you did to them. Even if you were only 10% at fault, repent of this to God. For example, did you display a bad attitude, were you stubborn, ungrateful, lazy, untruthful, vindictive? In addition, ask God to forgive you for holding unforgiveness and resentment.

When you have finished forgiving and repenting, tear up the forgiveness checklist. This is like tearing up a debt slip. You are saying these people don't owe you anymore. You are turning the offense, the hurt, the grudge, and the offender over to God. You are trusting Him to do what is just on your behalf. You are free from carrying resentment anymore. Forgiving lances the wound so that healing can begin.

Sometimes healing and forgiveness is a process, and the process starts with a choice. Force yourself to forgive. The choice removes the thorn of resentment, allows the infection to drain out, and keeps the wound in a place of receiving healing from God. This way, His powerful grace is able to have its full effect on your life.

Eventually, and sometimes right away, God will drop the reality of forgiveness in your heart where you feel like you have forgiven. He will change your feelings so that they follow your right choice to forgive. He will complete the healing of your heart. You obey by forgiving. Let Him do the healing.

# Forgiveness Hurt and Bitterness

## I. Recognizing Hurt

Some characteristics of a bitter person:

## II. Bitterness - The seed of Hell

READ Hebrews 12:15 -

**Question:** In what ways does bitterness **not** just hurt the person who is bitter?

Answer:

## III. How Hurt Happens

The typical pattern of hurt:

Step one -

Step two -

Step three -

Step four -

READ Deuteronomy 5:16 -

## IV. The Filing Cabinet of Your Mind

-In bitterness, we typically focus on:

-One cause of persistent bitterness is:

-Sometimes holding on to anger and bitterness is a form of  
\_\_\_\_\_.

## V. Getting out of the Bitterness Trap

READ Matthew 6:12 -

The thing that causes hurt to develop into bitterness is:

*Forgiving doesn't mean pretending you aren't hurt, but allowing God to deal with the hurt in our lives.*

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