

Steps to New Life

How can I fully forgive someone?

No one ever said forgiveness was easy, only that it is commanded of us, it is necessary for our freedom, and it is doable. If a job is hard it helps to break it down into smaller steps. *Step out in faith!*

1. Pray. You can't do this without His help and you don't have to! Ask God to help you want what He wants (mercy), and to do what He desires.

Luke 22:42-43; Philippians 4:13

2. Repent. Ask God to forgive you for holding on to something He considers a major sin: unforgiving attitudes inside you. He can work with you now on the real problem—your heart.

Matthew 18:32-35; Mark 11:25

3. Release. Release the person from all your bitter judgments. Choose *by an act of your will* to give the injustice, the pain and the person to God and to trust God with it all—with why it was allowed and with what He will do with it.

4. Believe. Choose *by an act of your will* to believe what God has promised: He will make even this painful episode of your life work for a greater good now that you are finally placing it in His Hands.

Genesis 50:20; Romans 8:28

5. Pray and praise. Pray for them all the good things you would want God to do for you and praise God that His way of mercy truly does liberate your heart!

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Scriptures

"Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." Luke 22:42-43 ESV

I can do all things through him who strengthens me. Philippians 4:13 ESV

"...forgive your brother from your heart." Matthew 18:35 ESV

"And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses." Mark 11:25 ESV

As for you, you meant evil against me, but God meant it for good. Genesis 50:20 ESV

And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28-29 ESV



Prayers

Father, I ask you to strengthen me to want what You want (mercy), to hate what You hate (unforgiveness) and to do what You desire. Forgive me for resisting You and agreeing with the enemy instead!

Jesus, You suffered such pain so that I could be forgiven and set free from the hell my sins deserved! Help me to stay loyal to You and do whatever it takes to fully forgive this person.

Holy Spirit, with Your help I now choose by an act of my will to fully forgive ____ and to release him/her from all bitter judgments. I'm giving You the pain, the injustice and this person—and I'm trusting You with it all! I believe that You will work to restore my life and I pray that You will also restore theirs.



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