

*the*

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PROCESS

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*booklet*

FORGIVENESS EDITION



# WELCOME *to the* FORGIVENESS PROCESS!

It is our prayer that as you process through the hurts, wounds, and losses in your life by writing out your responses to the questions on the following pages, that you will be able to be free from your past, thrive in the present, and look forward to a joy-filled future!

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## **Matthew 12:33-35** *various translations*

*A tree is identified by its fruit. If you make a tree healthy, its fruit will be healthy. If you make a tree diseased, its fruit will be worm-eaten... For whatever is in your heart determines your words and actions.*

*Healthy people have healthy things in their heart and so they say and do healthy things, and unhealthy people have unhealthy things in their heart and so they say and do unhealthy things.*

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But ultimately, all of us have been wounded or hurt by someone or something that has affected our heart and our response to life. These affects are compounded through our unwillingness to acknowledge these wounds or our inability to forgive as the Father forgave us, without expectations or requirements. As a result, we wound others while continuing to hurt ourselves. But in all circumstances we can be free and victorious through Jesus.

The Process Booklet on Forgiveness is simply a tool that will help you be free of those offenses—acknowledging their affects, repenting of your responses, and ultimately forgiving and releasing the offender—and walk victoriously out of an identity based in Jesus rather than on what's been done to you.

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## **Proverbs 4:23** *NLT*

*Guard your heart above all else, for it determines the course of your life.*

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# 1. THE WOUND

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*Psalm 26:2* Examine me, O LORD, and try me;  
Test my mind and my heart.

*Luke 16:1* Then Jesus said to the disciples,  
"It is impossible that no offenses should come..."

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*Who or what has offended or hurt you? Or...  
Who or what have you lost?*

**Begin to identify areas of offense, hurt, or loss in your life. Be specific regarding the person(s) or situations involved.**

- (a) *Specific offense or hurts in my life and the person(s) involved are:*
- *People who have rejected me in some way and how.*
  - *People or situations where I have been violated or abused.*
  - *A divorce or separation in my life or a couple close to me.*
  - *Conflicts in my life involving family, friends, coworker, church, leaders, or others.*

(b) Significant losses that I have experienced in my life are:

- Loss of career or job
- Loss of health
- Loss of a relationship do to conflict, separation, divorce, or death.
- Loss of a dream for my life or my future involving relationships, marriage, children, or career, etc.

**Choose ONE of the above offenses, hurts, or losses to “process” at this time. If this is your first time processing we recommend choosing one of the earliest offenses—where the lies began—especially those relating to your parents in general and your biological father in particular.**

*The offense, hurt, or loss that I am choosing to process is:*

*The offending person (if applicable) that I am choosing to process is:*

## 2. THE AFFECT

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*Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts.*

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*How have you been affected by this particular event?*

**How has this specific offense, hurt, or loss affected you?**

*(a) What have my thoughts been regarding the situation?*

*(b) What have my thoughts been toward the person involved (if applicable)?*

**Use the following list of words to help guide, direct, and articulate your thoughts and feelings regarding the specific offense, hurt, or loss. Check those that *most* apply to you in this circumstance.**

- |                                      |   |                                    |                                  |                                     |
|--------------------------------------|---|------------------------------------|----------------------------------|-------------------------------------|
| <input type="checkbox"/> Rejected    | <input type="checkbox"/> Hopeless       | <input type="checkbox"/> Angry     | <input type="checkbox"/> Judged  | <input type="checkbox"/> Failure    |
| <input type="checkbox"/> Abandoned   | <input type="checkbox"/> Helpless       | <input type="checkbox"/> Bitter    | <input type="checkbox"/> Guilty  | <input type="checkbox"/> Dumb       |
| <input type="checkbox"/> Unwanted    | <input type="checkbox"/> Out of Control | <input type="checkbox"/> Rage      | <input type="checkbox"/> Unclean | <input type="checkbox"/> Stupid     |
| <input type="checkbox"/> Lonely      | <input type="checkbox"/> Distrustful    | <input type="checkbox"/> Hate      | <input type="checkbox"/> Dirty   | <input type="checkbox"/> Worthless  |
| <input type="checkbox"/> Unloved     | <input type="checkbox"/> Anxious        | <input type="checkbox"/> Resentful | <input type="checkbox"/> Shamed  | <input type="checkbox"/> Insecure   |
| <input type="checkbox"/> Sad         | <input type="checkbox"/> Fearful        | <input type="checkbox"/> Depressed | <input type="checkbox"/> Ugly    | <input type="checkbox"/> Inadequate |
| <input type="checkbox"/> Unprotected | <input type="checkbox"/> Betrayed       | <input type="checkbox"/> Used      | <input type="checkbox"/> Fat     | <input type="checkbox"/> Inferior   |
| <input type="checkbox"/> Trapped     | <input type="checkbox"/> Condemned      | <input type="checkbox"/> Jealous   | <input type="checkbox"/> Loser   | <input type="checkbox"/> Victimized |

**Using the words you circled above and other words that apply, answer the below question by writing out how this specific offense, hurt, or loss has affected you.**

*(c) How have I been affected?*

### 3. THE RESPONSE

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*Psalm 139:23-24* Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

*Luke 6:45* The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

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*How have you responded to this specific offense, hurt, or loss?*

**What specific responses have you made toward this person and/or situation? What have you said or done about the person and/or situation?**

*(a) I have said:*

*(b) I have done:*



**What thoughts and decisions have you made because of or about this person or situation? What inner vows have you made to yourself because of this offense, hurt, or loss?**

*(c) Because of this offense, I have decided to believe about the person or situation:*

*(d) Because of this offense, I have decided to believe about myself, God, and similar situations and people:*

## 4. THE HEART

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*Psalm 62:8 O my people, trust in him at all times.  
Pour out your heart to him, for God is our refuge.*

*Psalm 142:1-2 I cry out to the LORD; I plead for the  
LORD's mercy. I pour out my complaints before him and  
tell him all my troubles.*

*Psalm 116:17 I will offer you a sacrifice of thanksgiving  
and call on the name of the LORD.*

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*How has your heart been affected by this offense, hurt,  
or loss?*

**Pour out your heart to the Lord. Write in the space  
below exactly how you feel, expressing your unmet  
desires to the Lord as well as your current desires.**

*(a) Lord, this is how I feel...*

*(b) This is what I'm disappointed or upset about or wish would have happened (or not happened)...*

*(c) This is my current desire (what I would like to happen)...*

## 5. GIVE THANKS

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*1 Thessalonians 5:16-18* Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

*Psalms 9:1* I will give thanks to the Lord with my whole heart; I will recount all your wonderful deeds.

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*What can you find in the circumstance and person to be thankful for?*

**Tell the Lord in writing that you are giving thanks for either the person or elements of the situation (*find anything to be thankful for*), and that you are willing to accept however He wants to use this circumstance in your life for His purposes, your good, and His glory.**

*Lord, I choose to thank you for...*

# THE PARABLE OF THE UNFORGIVING SERVANT...

*Matthew 18:21-35* Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven! Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold – along with his wife, his children, and everything he owned – to pay the debt. But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' **Then his master was filled with pity for him, and he released him and FORGAVE HIS DEBT.** But when the man left the king, **he went to a fellow servant** who owed him a few thousand dollars. **He grabbed him by the throat and demanded instant payment.** His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt. That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart." (Emphases mine)

## 6. REPENT

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*2 Corinthians 7:10-11* For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves (**full restoration**), what indignation (**...toward your sin**), what fear (**...of God**), what longing (**...for reconciliation**), what zeal (**...for right-living**), what punishment (**...for sin**)! (*Emphases mine*)

*1 John 1:9* If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

*James 5:16* Therefore, confess your sins to one another and pray for one another...

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*What responses and reactions to the person(s) or circumstances do you need to repent for?*

**Write out your confession of unforgiveness** (*demanding instant payment*) **to the Lord along with related wrong attitudes and/or responses** (*refer to section 3 if necessary*).

(a) *My confession of unforgiveness toward the offending person:*

(b) *The following are what I've said and done toward the person:*

- (c) *The following are the thoughts and attitudes I've believed or decisions I've made about: 1) the person 2) the situation*
- (d) *The following are the thoughts and attitudes that I've believed or decisions I've made about: 1) myself 2) God 3) similar situations 4) similar people:*
- (e) *My request to the Father for forgiveness for the above (a-d) decisions, reactions, and attitudes I've been living out of:*

# 7. FORGIVE

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*Matthew 6:14-15* For if you forgive others their trespasses (**wounds, hurts, offenses**), your heavenly Father will also forgive you, but if you do not forgive others their trespasses (**wounds, hurts, offenses**), neither will your Father forgive your trespasses. (**Emphases mine**)

*Ephesians 4:32* Be useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely, quickly and thoroughly], as God in Christ forgave you.

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*Are you choosing to forgive the person(s) involved in this offense or loss?*

**Write out your decision to forgive the person who has hurt or offended you (this person may be yourself), along with the specific hurts or offenses that you are forgiving and releasing. Choose to forgive the person who has hurt or offended you. FORGIVE (cancel) THE DEBT! Include the specifics of those hurts or offenses and how they have affected you in the past, are affecting you in the present, and may affect you in the future.**

*My prayer of forgiveness toward the person or situation:*





## 8. RELEASE

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*Matthew 5:44* “But I say to you, **love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...**” (*Emphases mine*)

*Romans 12:16-21* Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. **If possible, so far as it depends on you, live peaceably with all.** Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” **Do not be overcome by evil, but overcome evil with good.** (*Emphases mine*)

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*Are you choosing to release the offense, hurt, or loss to the Lord and pray blessing and good for the person?*

**Entrust the person and/or the situation to the Lord. Write in the space below, in the form of a prayer to the Father, who or what you are now entrusting to God. Bless (believe good for them) and pray for the person who has offended or hurt you.**

(a) *My prayer of release and entrusting the person or situation...*

*(b) My decision to ask for specific blessings (good things) for the person who has offended or hurt me:*

