

THE PROCESS
BOOKLET



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Booklet

WELCOME *to the* PROCESS

We are all created in the image of God. This identity is intrinsic. However, our perspective of our identity can be distorted and devalued. When we feel loved and safe in our relationships, our heart and mind feel at peace. If our heart and mind are poisoned with feelings of being unloved or unsafe, we hurt. This pain will affect how we see ourselves and others. However, it is God's desire that we live a free, joy-filled life. But, for most of us, our past prevents us from living free today. This booklet will help you process through the negative people and experiences in your life.

Matthew 12:33-35 *various translations*

A tree is identified by its fruit. If you make a tree healthy, it's fruit will be healthy. If you make a tree diseased, it's 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.

All of us have been wounded or hurt by someone or something. This wounding has negatively affected our heart and our responses to life. These effects are compounded by our unwillingness to acknowledge or forgive these wounds or hurts. As a result, we hurt others while continuing to hurt ourselves. Nevertheless, in all circumstances, Jesus has made it possible to live free from our past and be victorious in our future.

Proverbs 4:23 *various translations*

Guard your heart above all else, for it is the source of life's consequences.

The Process Booklet is simply a tool that will help you live free of those offenses, hurts, and losses. It will help you acknowledge their effects, repent of your reactions, and release the offender or situation to the Lord. This will enable you to live confidently, free, and joy-filled in your redeemed identity.

"The Process" is inspired by Fresh Start For All Nations' booklet, 'Processing the Issues of Your Heart'. Fresh Start is an organization developed by Steve & Mindy Peterson. For more information visit their website at www.freshstartforallnations.org. Portions of this booklet also come from the book, '5 Days to a New Marriage' written by Shawn Stoeve and Terry Hargrave. More information can be found on their website at www.intensives.com.

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PART 1 – OFFENSES

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

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

*Luke 17:1 Then Jesus said to the disciples,
"It is impossible that no offenses should come..."*

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

FORGIVING YOURSELF: *If you feel the need to forgive yourself you can still benefit from this booklet. Begin working through this booklet but pay special attention to Part 6 (pg. 13) and answer questions b-e. Then, skip to Part 8 (pg. 17) and entrust your sin along with any negative consequences to God. Trust that Jesus paid the price for your sin and embrace His forgiveness.*

FORGIVING GOD: *If you feel a perceived debt against God and feel as though He "owes" you something you can still benefit from this booklet. Begin working through this booklet but pay special attention to Part 6 (pg. 13) and answer questions d-e. Then, skip to Part 8 (pg. 17) and entrust yourself and your circumstance to His love and goodness. Trust God's perfect comfort and goodness. Embrace His plan and purpose for your life.*

(1) Specific offense or hurts in my life and the person(s) involved are:

- *People who have insulted, humiliated, or rejected me.*
- *People or situations where I have been or felt violated or abused.*
- *A separation or divorce in my life or a couple close to me.*
- *Conflicts in my life involving parents, family, friends, coworker, church leaders, mentors, teachers, coaches, or others.*
- *Significant moments where you didn't feel loved, important, or safe.*

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

(If processing a loss, complete Parts 1-6 then skip to Part 8. Processing a loss, unless resulting from one's own choices, is an issue of trusting God and releasing the affects of that loss to Him.)

- *Loss of career or job*
- *Loss of health*
- *Loss of a relationship due 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 beliefs or patterns of thought began—especially those relating to your growing up years in general and your biological parents (especially 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:

PART 2 – AFFECTS

How have you been affected by this particular event?

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

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

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

(2) *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 all the feelings that have **most** applied to you in this circumstance.

- | | | | |
|--|--------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Unloved | <input type="checkbox"/> Controlled | <input type="checkbox"/> Anxious | <input type="checkbox"/> Failure |
| <input type="checkbox"/> Unworthy/Worthless | <input type="checkbox"/> Vulnerable | <input type="checkbox"/> Resentful | <input type="checkbox"/> Unwanted |
| <input type="checkbox"/> Insignificant | <input type="checkbox"/> Unaccepted | <input type="checkbox"/> Betrayed | <input type="checkbox"/> Rejected |
| <input type="checkbox"/> Alone/Lonely | <input type="checkbox"/> Unheard | <input type="checkbox"/> Used | <input type="checkbox"/> Helpless |
| <input type="checkbox"/> Devalued | <input type="checkbox"/> Invalidated | <input type="checkbox"/> Victimized | <input type="checkbox"/> Unsafe |
| <input type="checkbox"/> Defective | <input type="checkbox"/> Abandoned | <input type="checkbox"/> Condemned | <input type="checkbox"/> Insecure |
| <input type="checkbox"/> Inadequate/Inferior | <input type="checkbox"/> Hopeless | <input type="checkbox"/> Dirty | <input type="checkbox"/> Disconnected |
| <input type="checkbox"/> Not Good Enough | <input type="checkbox"/> Fearful | <input type="checkbox"/> Powerless | <input type="checkbox"/> Distrust |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Depressed | <input type="checkbox"/> Unprotected | <input type="checkbox"/> Jealous |
| <input type="checkbox"/> Out of Control | <input type="checkbox"/> Shameful | <input type="checkbox"/> Trapped | <input type="checkbox"/> Fuming |
| <input type="checkbox"/> Not Measuring Up | <input type="checkbox"/> Judged | <input type="checkbox"/> Unknown | <input type="checkbox"/> Bitter* |
| <input type="checkbox"/> Discouraged | <input type="checkbox"/> Sad | <input type="checkbox"/> Disrespected | <input type="checkbox"/> Angry* |

* **Bitterness** (internal) and **Anger** (external) are willful responses to a specific offense, hurt, or loss. While we may genuinely “feel” bitter or angry, we respond with anger or bitterness because something or someone triggered a negative emotion in us. We need to ask the Lord to reveal the underlying emotion that led to our bitter or anger. (If you marked bitterness or anger, be sure to include details of these as specific response in Part 3, pg. 7)

From the emotions you’ve selected that best fit the way you have felt in this circumstance, answer the following questions by writing out how this specific offense, hurt, or loss has affected you.

(3) *How have I been emotionally affected?*

I feel _____ because:

I feel _____ because:

I feel _____ because:

Feel free to add pages if more space is needed.

(4) How has this specific offense, hurt, or loss practically affected your life in a negative way?

(5) What emotional, physical, or mental consequences of this offense, hurt, or loss are you currently living with?

(6) How has or might this offense, wound, or loss negatively affect your future?

(7) How has or might this offense, wound, or loss negatively affect those around you that you love?

PART 3 – REACTIONS

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

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.

What specific reactions have you made toward this person and/or situation? What have you said and done about the person and/or situation? Or, if you haven't specifically said or done anything, what have your thoughts been about the person or situation?

(1) I have said:

(2) I have done:

(3) I have thought:

What decisions have you made because of or about this person or situation? What inner vows have you made because of this offense, hurt, or loss?

(4) Because of this offense, I have decided to believe about:

a. The Offender (if applicable) -

b. The Situation -

(5) Because of this offense, I have decided to believe about:

a. Myself -

b. God -

c. Similar Situations -

d. Similar People (as the offender) -

PART 4 – DESIRES

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

*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.*

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.

(1) Lord, this is how I feel...

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

(3) *As I begin to move forward, my current desire (what I would like to happen) is...*

PART 5 – THANKSGIVING

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

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.

Hebrews 13:15 Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiances to His name.

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

Tell the Lord in writing that you are choosing to give thanks for either the person or elements of the situation (*find anything to be thankful for*). Tell Him 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*)

PART 6 – REPENTANCE

What negative reactions to the person(s) or circumstance(s) do you need to repent for?

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...*

Write out your confession of unwillingness to forgive the person involved (if applicable). Also, confess to the Lord any wrong attitudes and/or reaction you have had in response to the offense, hurt, or loss (refer to Part 3, pg. 7 if necessary).

(2) *My confession and statement of repentance of my unwillingness to forgive the offending person:*

(3) *The following are what I've said and done toward the person that were wrong, hurtful, or negative:*

(4) The following are wrong, hurtful, or negative thoughts and attitudes I've believed or decisions I've made about (refer to page 8.4 if necessary):

a. The Offender (if applicable) -

b. The Situation -

(5) The following are wrong, hurtful, or negative thoughts and attitudes that I've believed or decisions I've made about (refer to page 8.5 if necessary):

a. Myself -

b. God -

c. Similar Situations -

d. Similar People (as the offender) -

(6) My confession and statement of repentance to the Father for the previous wrong, hurtful, or negative decisions, reactions, and attitudes (2-5) I've been living out of:

PART 7 – FORGIVENESS

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

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.*

NOTE: THIS SECTION ONLY APPLIES TO PEOPLE WHO HAVE OFFENDED OR SINNED AGAINST YOU.

Write out your decision to forgive the person who has hurt or offended you along with the specific hurts or offenses that you are forgiving and releasing to God. Choose to forgive the person who has hurt or offended you. FORGIVE (*cancel*) THE DEBT!* Include the specifics consequences of how they have negatively affected you in the past, are affecting you in the present, and may affect you in the future (*refer to Part 2, pg. 3-6, if necessary*).

- * **FORGIVING YOURSELF:** *If you feel the need to forgive yourself, revisit Part 6 (pg. 13) and answer the questions (specifically 2-5). Then, skip to Part 8 (pg. 17) and entrust your sin along with any negative consequences on others or yourself to God in Part 8 (pg. 17). Trust that Jesus paid the price for your sin and embrace His forgiveness.*
- * **FORGIVING GOD & PROCESSING A LOSS:** *God's perfect love and goodness exclude Him from being forgiven. Processing a loss is often an issue of trusting God's love and goodness amidst disappointment or tragedy. If you feel as though God still "owes" you something, look back at Part 6 (pg. 13) and answer the questions (4)b. and (5). Then, skip to Part 8 (pg. 17) and entrust yourself and your circumstance to His love and goodness.*

Fill in the offending person's name in the blanks, and then complete the statements.

(1) *I choose to forgive _____
for the following offense:*

(2) *I am choosing to forgive _____
for the following ways this offense has affected me in the past (see Part 2,
page 5.4):*

(3) *I am choosing to forgive _____
for the following ways this offense has affected me in my current
circumstances and relationships (see Part 2, page 5.5):*

(4) *I am also choosing to forgive _____
for the following foreseen and unforeseen ways this offense may affect me in
the future (see Part 2, page 6.6):*

PART 8 – RELEASE

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

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)*

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.

- * **FORGIVING YOURSELF:** *If we’ve repented of our sin (Part 6, page 13-14), then we can be confident that we are forgiven through Jesus death on the cross. We simply receive and live confidently out of that forgiveness. Entrusting ourselves and our current circumstances to God’s grace and mercy will enable us to live free of shame, guilt, and condemnation.*
- * **FORGIVING GOD & PROCESSING A LOSS:** *God’s desire is to work all things out for good if we trust Him. Because of our limited perspective, we do not get to define what that good may mean. We must entrust ourselves and our circumstances to His perfect love, grace, mercy, and goodness.*

Fill in the offending person's name or specific situations in the blanks, and then complete the statements. If repenting, entrust yourself and the consequences to God. Ask Him to specifically bless the negative circumstances you've caused and/or the people you've hurt.

(1) *I choose to release _____
to You, good Father, in the following specific ways:*

(2) *I am choosing to pray over _____
the following specific blessings:*

RECOMMENDED RESOURCES

5 Days to a New Marriage

Shown Stoeber and Terry Hargrave

The Hideaway Foundation, ©2011

The Bait of Satan: Living Free From the Deadly Trap of Offense

John Bevere

Charisma House, ©2004

The Bondage Breaker: Overcoming Negative Thoughts, Irrational Feelings, and Habitual Sins

Neil T. Anderson

Harvest House Publishers, ©2006

Counterfeit Gods

Timothy Keller

Penguin Books, ©2011

FreshStart: Becoming Relationally Free, teaching series

Steve Peterson

FreshStart for All Nations, ©2000

www.FreshStartForAllNations.org

Idol Lies

Dee Brestin

Worthy Publishing, ©2012

Redemption: Freed by Jesus from the Idols We Worship and the Wounds We Carry

Mike Wilkerson

Crossway, ©2011

Respectable Sin: Confronting the Sins We Tolerate

Jerry Bridges

NavPress, ©2007

Who Do You Think You Are: Finding Your True Identity in Christ

Mark Driscoll

Thomas Nelson, ©2013

