

The 7 Steps to Actively Forgive Yourself & Others

1

Acknowledge

Know how you feel. Articulate what happened.

"For all have sinned and fall short of the glory of God" Romans 3:23.

Jesus came not despite our broken world, but because of it.

2

Commit

Commit to yourself to do something about the hurt. Share that commitment with someone else.

"Then Jesus came from Galilee to John at the Jordan, to be baptized by him." Matthew 3:13

Jesus publicly committed to the work of God.

3

Recognize

Forgiveness is for your benefit and freedom from the hurt.

"Jesus answered, 'This voice has come for your sake, not for mine.'" John 12:30

Jesus came to offer us forgiveness we could have no other way.

4

Claim the Hurt

Claim that the hurt is real and is valid.

"The Lord is near to the brokenhearted and saves the crushed in spirit." Psalm 34:18

Jesus did not hide from the hurt in the world. He saw it and affirmed our struggles with it.

5

Practice

Do not hide from your feelings of hurt. Embrace practices that help move you through it.

"But he would withdraw to deserted places and pray." Luke 5:16

Jesus often took time to rest, eat, and pray. Especially when times were tough.

6

Take Responsibility

Recognize it is your work alone to continue the process of acknowledgment and practice. It is not fair that you were hurt, but it is your responsibility all the same.

"While we were still sinners, Christ died for us" Romans 5

Jesus took responsibility to do that which only he could do. He did so for our benefit. We are worthy of forgiveness because of Christ.

7

Ammend Your Story

Write an ending that does not stop at the hurt but of the new person you have become.

"I was dead, and see, I am alive for ever and ever" Revelations 1:18

The cross at the center of our faith is empty, because the cross was not the end, but lead to the empty tomb. We are always the people of Easter.