

## How to Forgive? Pathway to Forgiveness.

### Phase 1- Take an Account-Think about who hurt you.

1. Have you faced your anger?
2. Do you feel shame?
3. Has your anger affected your health?
4. Has this anger changed your worldview?

### Phase 2- Decide to Forgive- Heart forgiveness

1. Decide what you have been doing doesn't work.
2. Be willing to begin the forgiveness process.
3. Decide to forgive.

### Phase 3- Working on Forgiveness

1. Work toward Understanding
2. Work towards Compassion- (How was their life?)
3. Accept the Pain- Sit in it

### Phase 4- Discovery and Release from Emotional prison

1. You are not alone.
2. Give a gift to the one who offended you. (Speaking, acknowledging their humanity, say something nice about the person, widening your heart for the other.)
3. Discover the meaning of suffering- you are aware of suffering of others.
4. Discover the purpose of life, Discover the freedom of forgiveness- Healing

Forgiveness restores self-esteem

Forgiveness restores your inherent worth

Forgiveness restores trust- learning to trust my parents again.

Forgiveness restores who you are.

## Prayer on Forgiveness

Heavenly Father, thank you for giving me a heart of compassion. I have decided to forgive \_\_\_\_\_. I'm not going to try to bring anything up. I do want to take an account of what has happened to me and this relationship. Father, you know everything in our lives, and you are still here with me today. Father, you have compassion on our hearts, and you love to help settle our accounts. You have seen all of our lives, when we were conceived, childhood, adulthood. You have seen every moment.

Father, I thank you that I can come to you. I can trust you, because you're not like my earthly father or mother. I can trust you to come and work in my heart. Nothing I can do can turn you away. You know all my weaknesses and you still love me. There were things that were spoken, things that he or she did, the things that were taken away from me. This really affected my heart. I ask you to give me compassion for him or her. Please help me cancel all of these debts. You know them and you saw his/her whole life. I am ready to forgive from my heart.