




Guidelines for Asking Forgiveness of Others*

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1. State clearly what you did wrong using an “I” statement.
 2. Use simple, factual terms with as few words as possible.
 3. Be accountable. Don’t blame or accuse the other person or excuse yourself.
 4. Request their forgiveness respectfully.
 5. Act as though the person said they would forgive you, no matter what they answer.
 6. Maintain an attitude of forgiveness toward them.
 7. Work on restoring the relationship by doing three things.
 - Maintain open communication with them.
 - Fellowship with them.
 - Continue to maintain a positive attitude toward them.
 8. Focus on God’s desire to heal the relationship.

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Steps to Forgiveness*



1. Confess your sin of unforgiveness.
2. Pray for forgiveness and repent.
3. Ask God to nail your sin of unforgiveness to the cross and put it to death.
(Colossians 2:13-14).
4. Allow yourself to grieve any feelings of pain or loss. Release those feelings to God.
5. Ask God to remove any unforgiveness or other sins from your heart and replace it with the opposite of that sin.
6. Ask God to give you a new heart by faith. (Ezekiel 36:26)
7. Ask God to meet the needs that were not met in you as a child.
List of children's and adults' needs: unconditional love, acceptance, worth and value, security, recognition, nurture and emotional nourishment, and comfort.
8. Ask God to show you how unforgiveness and other sins have hurt your relationships with others. Pray and ask God to heal those relationships.
9. Thank Him for answering your prayers.

**Excerpt from Forgiveness: Making Space for Grace by Nan Brown Self, ForgivenessByGrace.com*