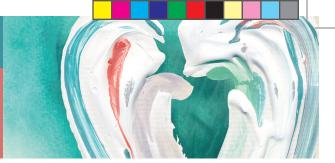
Guidelines for Asking Forgiveness of Others*



- 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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- 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