

PREPARING TO FORGIVE

The cross of Jesus is the place for sin to go—both the sins done to us and our sins in response. The cross is also where Jesus shares our suffering: “Surely He has borne our griefs and carried our sorrows,” Isaiah 53:4. But Jesus didn’t stay on the cross. Sin was buried with Him, but His resurrection means that LIFE and forgiveness are stronger than sin and death. And He will give us His resurrection power to forgive if we ask Him (Ephesians 1:19-20). In light of this, important steps in preparing to forgive are deep honesty, permission to grieve, confession, and recognizing God’s redeeming love.

List or describe the harmful actions, words, or attitudes of the person I want to forgive.

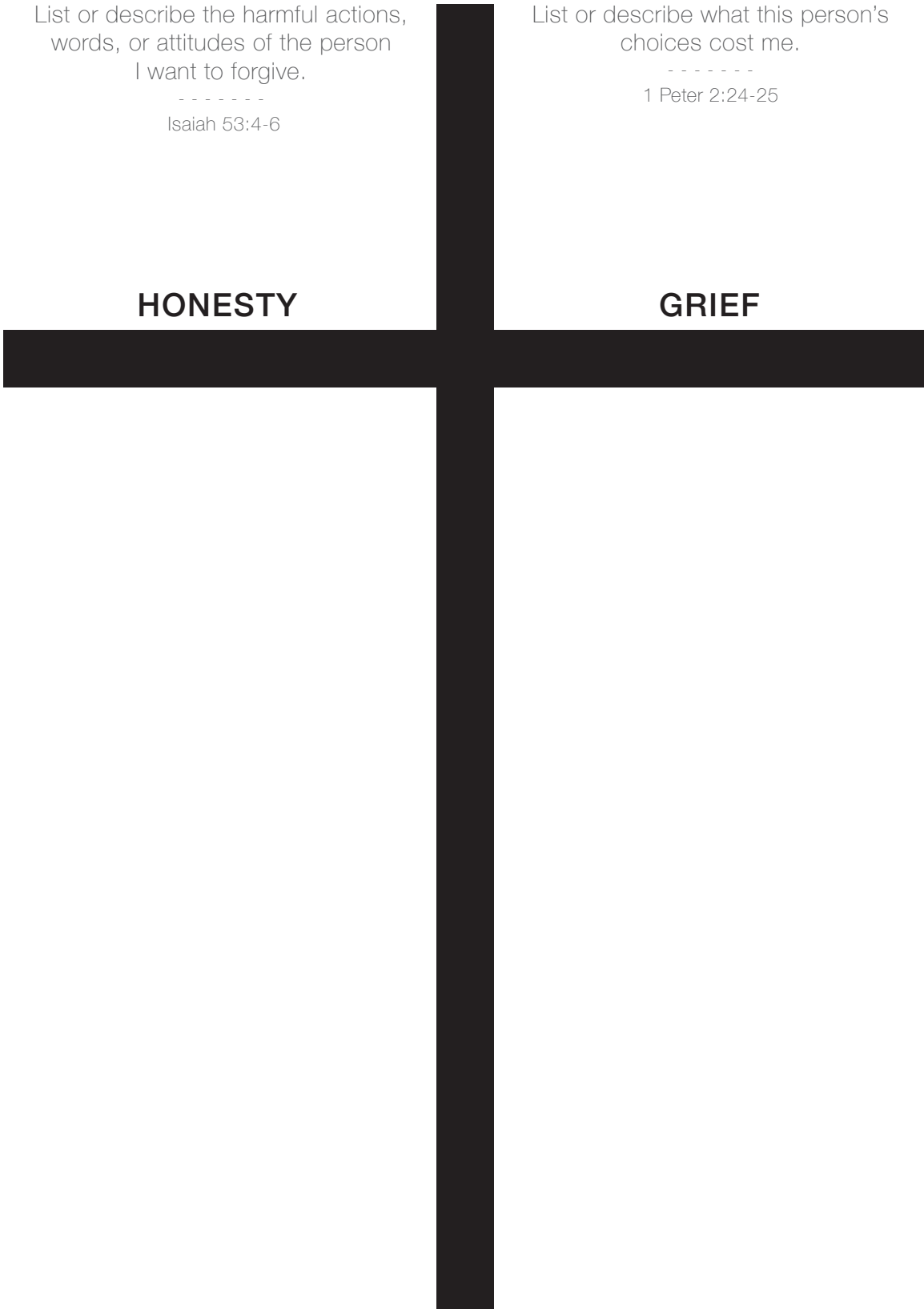
Isaiah 53:4-6

List or describe what this person’s choices cost me.

1 Peter 2:24-25

HONESTY

GRIEF



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How have I sinned in response to being hurt by this person? What do I need the Lord to forgive me for?

Romans 8:28

CONFESSION

How do I see God, in His love for me, bringing good to me out of this bad thing?

And, I must ask God to help me consider how His love is so deep and wide that He can love my offender too.

What comes to mind when I think about this?

John 1:9

REDEEMING LOVE