

## FORGIVENESS CHECKLIST

List the specific people you need to forgive and the specific hurts you had from them.

Example:

*Mom called me stupid and clumsy in front of two friends when I was 9. I wanted to die. I felt so ashamed and humiliated. I thought I must really be a worthless person.*

Parents

Siblings

Other Family Members - uncles, aunts, cousins, grandparents

Spouse (if you are married)

Children (if you are a parent)

Friends

Romantic relationships

Teachers

Pastors or Spiritual Leaders

Employers Business Partners



Medical Doctors

Police

The Government

Other Races

Other Groups

Other Religions

Enemies

God

Yourself

Anyone who has hurt you.

Anyone you hate or hold a grudge against.

Now that we wrote it all down, take a moment to choose to forgive the people who have hurt you. Then rip up the paper and let go of any unforgiveness.

Question: What Came to mind that you needed to forgive tonight?

Question: Was it difficult to let go of some of those things?

Question: How did it feel to rip up the paper and let it all go?

You may feel old feelings try to creep back in after this moment. Forgiveness isn't a feeling, but a choice to lay down our hurts and pains and trust God to help us through them. Choose to continually forgive people from your past, and you will find new joy and freedom in your life.

