

CTO FORGIVENESS PROCESS



For an individual

STEP 1

FORGIVE the individual

Release an individual from your bitterness, judgement and/or wrath



UNCONDITIONAL
Between you and God

STEP 2

CONFESS your sin to God

Agree with God, acknowledge your sin and take responsibility for your actions / attitudes



UNCONDITIONAL
Between you and God

STEP 3

RECONCILE by seeking forgiveness

Seek forgiveness for your sin against him/her



CONDITIONAL
Requires both parties



For a couple/two people

STEP 1

RECONCILE AND FORGIVE



Seek each other's forgiveness for your sin against them

STEP 2

CONFESS your sin to God



Agree with God, acknowledge your sin and take responsibility for your actions / attitudes

RESTORE

Both parties must be willing to move forward in relationship and seek to rebuild trust, which may require time.