

# CTO FORGIVENESS STEPS



For an individual

## STEP 1

### **FORGIVE** the individual

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

1. Have disciple to write a Forgiveness List of ways individual has sinned against/hurt him
2. Have disciple add to list utilizing the *Forgiveness Checklist*
3. Have disciple read his list to you - Expand this list
4. Read/discuss sections I-IV in *Forgiving Others*
5. Have disciple forgive individual in prayer with you as his witness
6. Remind disciple to up-hold 3-fold commitment
7. Explain *Renewing Your Mind Outline* and have him memorize/practice it

## STEP 2

### **CONFESS** your sin to God

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

1. Have disciple write a Confession List of ways he has sinned against the person he forgave
2. Have disciple add to list utilizing the *Confession Checklist*
3. Have disciple read his list to you - Expand this list
4. Summarize Section I II in *Confessing Sin*; have disciple read Section III; summarize Section IV
5. Read/discuss verses about God's forgiveness
6. Have disciple confess sins to God with you as his witness

## STEP 3

### **RECONCILE** by seeking forgiveness

Seek forgiveness for your sin against him/her

1. Condense disciple's Confession List to a Reconciliation List of the sins for which he needs to seek forgiveness
2. Instruct disciple how to seek forgiveness
3. Address fears and possible scenarios
4. Direct disciple to go seek reconciliation as soon as is possible
5. Encourage disciple to
  - Leave the outcome of the relationship to God
  - Practice biblical love toward other person
  - Forgive any new offenses
  - Practice renewing his mind

## RESTORE

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