

Forgiveness Checklist

Check the characteristics which apply to the person you are forgiving.

The impact his/her sin has on me/others because of sinfully relating to God by

- Not believing and trusting God by thinking there is a better way than obeying God
(This is the root cause of all sin. Prov. 14:12)
- Being unwilling to repent
- Being unwilling to receive love from God
- Putting stipulations on obedience to God; trying to bargain with Him
- Lacking love for and involvement with God
- Substituting another seemingly right behavior to avoid what God really wants/commands
- Twisting, ignoring and/or not studying God's Word
- Being unwilling to surrender to the Lord's direction...too difficult
- Being unwilling to give up something that God asks him/her to give up
- Being unwilling to suffer for Christ's sake
- Being unwilling to sacrifice time, inconvenience, energy for God's/others' sakes
- Getting angry with God because of having to reap the consequences of sin
- Being angry toward and lacking acceptance of God's individual plan and will for his/her life
- Having wrong/unbiblical priorities
- Refusing to get serious about forsaking sin
- Being complacent, apathetic, and/or giving up on relationship with God
- Hardening heart against God and/or being angry at Him
- Not turning to Christ for salvation

Has an unbiblical view of God by

- Believing God does not love and accept him/her unconditionally
- Not trusting God to be major source of security, fulfillment and purpose
- Not believing God can change him/her
- Believing God does not love him/her because his/her demands aren't being met

Relates sinfully to me and/or others by

- Disobeying the human authority, which God ordained
- Being unwilling to seek forgiveness of me and others
- Being unwilling to forgive those who offend him/her; carrying grudges

- ___ Being selfish, self-centered, self-absorbed, self-focused, self-protective
- ___ Wanting to be served rather than to serve
- ___ Blaming others or focusing on others' sins rather than on own sins
- ___ Wanting to protect his/her reputation rather than obeying God
- ___ Rejecting me/others
- ___ Being intolerant, disdainful, judgmental; being negative and critical
- ___ Being irresponsible and/or lazy; procrastinating
- ___ Being self-pitying; grumbling, whining and complaining frequently
- ___ Enabling and supporting the sins of others
- ___ Rescuing, intervening to protect others from the consequences of their sins
- ___ Being a "fixer" or "savior"; believing he/she can fix or save others from their foolishness
- ___ Being unwilling to risk rejection of people for the cause of Christ
- ___ Having a sinful dependency on others
- ___ Wanting others to be dependent on him/her
- ___ Being jealous or possessive in relationships
- ___ Lying and deceiving
- ___ Controlling conversations; talking too much
- ___ Being a poor listener
- ___ Being sarcastic; being very timid, shy
- ___ Being a crisis-causer
- ___ Being aggressive; intimidating
- ___ Being obnoxious
- ___ Having difficulty forming and/or maintaining close, meaningful relationships
- ___ Alienating people through sinful attitudes, behaviors
- ___ Not loving and accepting others unconditionally; requiring them to perform to receive your love
- ___ Being overly sensitive and easily hurt by how people interact with him/her
- ___ Rejecting others before they reject him/her
- ___ Exchanging marriage roles: wife makes decisions and husband submits
- ___ Being a perfectionist in demands of self and/or others
- ___ Fearing loving others; fears being loved by others; fears being hurt by others
- ___ Being nasty, contentious
- ___ Being unwilling to repent of sinful attitudes before they compound into depression

- Believing people exist to make him/her happy and content
- Setting expectations of how others are to love and getting angry when they are not met
- Lacking a sense of humor
- Believing intimate relationships are not needed
- Gossiping
- Being impatient
- Having “tunnel vision”; believing own way is the only way
- Influencing others to have sinful attitudes and behaviors; enticing others to sin
- Deadening or hardening his/her heart against others

Fears sins and weaknesses will be exposed by

- Being unwilling to acknowledge sin to God or others
- Hiding behind an “image” (being a different person at home than he/she is with those outside the home)
- Maintaining superficial relationships, so no one gets to know him/her well
- Equating criticism with rejection
- Being very defensive when confronted
- Running from, ignoring anyone who tries to penetrate his/her “wall” or who sees through him/her
- Not being teachable
- Being unwilling to be vulnerable and/or accountable to fellow Christians or Christian authorities to deal with sin
- Discrediting or finding fault with me or others who admonish
- Unwilling to seek/biblical advice or counsel when making important decisions

Tries to control others by

- Intimidating me/others
- Using "guilt trips" to manipulate me/others
- Being a martyr or a victim: self-pitying, whining, crying
- Manipulating
- Bribing
- Having temper outbursts
- Trying to change me/others
- Withdrawing: emotionally or physically from me to punish and/or to protect from being hurt

- Being demanding
- Being stern, dictatorial, harsh
- Being verbally abusive or physically abusive
- Repaying evil for evil; retaliating
- Verbalizing physical threats; other threats: i.e. divorce, suicide, retaliation
- Attempting to convince me of his/her opinions rather than speaking the truth in love and releasing the outcome to God's sovereign control
- Using intellect and logic to formulate overwhelming arguments
- Belittling my/others' viewpoints; not seeking to hear or understand others' points of view
- Having a "win-lose" perspective when expressing opinions

Is a people-pleaser rather than a God-pleaser by

- Believing it is his/her role to make me/others happy; to please me
- "Giving" by trying to please me/others with a hidden purpose of getting something from me/them in return
- Seeking acceptance, love by pleasing me/others rather than God
- Minimizing or ignoring present or potential problems; allowing problems to compound
- Being unwilling to admonish in love those who need to hear it
- Ignoring, minimizing, excusing my/others' sins; seeing me/them through rose-colored glasses
- Being unwilling to say "no" to someone else's requests when it means getting his/her own priorities out of order and/or breaking prior commitments
- Suppressing or ignoring painful realities
- Being a "chameleon;" acting one way with some people and differently with others
- Making promises and breaking them
- Forgetting things that are important to me/others
- Procrastinating
- Being passive or disconnected relationally
- Keeping the peace at all costs; not "rocking the boat"
- Fearing expressing opinions

Strives for approval, affirmation, love, acceptance by

- Seeking to draw attention to himself /herself; being the "center of attention"
- Being promiscuous
- Being a braggart; arrogant
- Being flirtatious

- Dressing provocatively to call attention to body
- Compromising, making unbiblical decisions
- Being a “clown”; making “light” of serious situations
- Being a “know-it-all”
- Expecting praise, admiration, respect, appreciation and being self-pitying or angry when it is not received

Compares himself/herself to others and thereby, feels superior or inferior by

- Analyzing frequently how others are relating, responding to him/her
- Being very self-conscious: about appearance, words, others’ viewpoints of him/her
- Focusing on inadequacies rather than seeking adequacy in Christ
- “Rating” people as inferior or superior
- Being jealous, envious, discontent
- Having a haughty, judgmental, disdainful attitude toward me/others
- Focusing on low self-esteem, which is self-centeredness
- Being concerned and/or preoccupied with developing self-esteem
- Spending great amounts of time focusing on problems, failures, and/or inadequacies (self-centeredness), rather than seeking and implementing biblical solutions

Escapes rather than spending time developing meaningful relationships with God, me and others by

- Escaping reality, commitment or responsibility by indulging in excessive behaviors
- Retreating into fantasy to avoid facing painful realities
- Reading or watching pornography; involvement with sexually explicit material
- Attempting to kill himself/herself
- Killing himself/herself

Circle the one(s) which apply to the person you are forgiving.

- Spending excessive time: watching TV, reading, working, eating, sleeping, etc.
- Spending excessive time with: sports, hobbies, ministry, computers, video games, etc.
- Escaping with irresponsible behaviors: use of illegal drugs, drunkenness, illicit sex, laziness, violence, greediness, gluttony, unbiblical divorce, adultery, suicide, etc.

Others...

