



# CTO FORGIVENESS STEPS



For a couple/two people

## STEP 1

### RECONCILE AND FORGIVE



Seek each other's  
forgiveness for your  
sin against them

1. Have each person write a Confession List of ways he/she has sinned against the other person
2. Have them add to their list utilizing the *Confession Checklist*
3. Have each read his/her list to you  
Expand lists in presence of both
4. Read/discuss sections I-IV in *Forgiving Others*
5. Have each person seek forgiveness of the other person with you as their witness
6. Remind them to uphold 3-fold commitment
7. Explain *Renewing Your Mind Outline* and have them memorize and practice as needed

## STEP 2

### CONFESS your sin to God



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

1. Use Confession List for their confession to God
2. Read/discuss sections I-II in *Confessing Sin*
3. Have disciple read Section III
4. Summarize Section IV
5. Read/discuss verses about God's forgiveness from *Confessing Sin*
6. Have disciple confess sins to God with you as their witness
7. Read follow-up verses if time allows
8. Encourage them to continue to seek each other's forgiveness

**RESTORE**

**FOREBEAR**

**ADMONISH**

**FORGIVE**

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