



HELP!

Week #4

Forgiveness

Finding freedom includes offering forgiveness to those who have hurt us and seeking forgiveness when we have harmed others, unless doing so would cause further harm.

Below are a few journaling questions to help determine steps you may need to take towards making amends:

As you reflect on the places of pain in your life, where might resentment or guilt be holding you back from freedom:

List individuals who you either owe amends to or you need to forgive:

Timing is so important. List the individuals who could possibly be injured from your making amends to them and why.

What is one step you could take towards forgiving those on your list?

What is one step you could take in making amends?

How might you let go of hurt? (Be specific)

Have you forgiven yourself? What past actions in your life do you still feel guilt and shame about? (List them, pray about them and consider sharing with someone.)