



Steps of Forgiveness

A compilation by Sister Tara Brown from the video; <https://youtu.be/UopcllfQ9nk>

Freeing Yourself From The Bondage of an Offense

Here are the steps. (I broke a couple of them down and added an extra at end) I will say them as if I am talking with someone who needs healing. Note: Some people have already worked through certain ones so you may skip one or two. But the first 3 are important not to skip. They're all important. Just depends on what level they're at spiritually.

- 1. Tell God who/what has hurt.** (Not every little thing. The deep things. If they can't remember ask them about their life and the Lord will show you.) I usually start out by asking the person if they want to be free from the things that hold them captive. From shame. Guilt. Abuse. Etc... Also, I have asked most "even though you don't know me well (or maybe they do) can you trust me right now to lead you in prayer?" If they respond yes then we proceed.
- 2. Tell God you forgive those who hurt you.** * Name them. People. I was praying with someone once and the person couldn't say the man's name that abused her. So I paused and we prayed until she was able to move on. She did eventually say she forgive him and named him. Very important to be sensitive. Some people have carried these hurts for decades! You will know it is sincere when you get to step 3 The Bible talks about a root of bitterness and I have prayed with people that literally felt that pain in their stomach. Sharp. Hurting. And when it comes out....wow! It's amazing! *
- 3. Ask God to not hold them accountable or punish them for what they have done.** * Like Stephen in the Bible...Lay not this sin to their charge...I tell them it's almost like you're begging God not to punish them. I also clarify. If God chooses to punish them that is God's business! It takes the "revenge" out of it. This is always the hardest section to pray.
- 4. Forgive yourself.** We don't have power to forgive sins. But lay down the guilt and shame. Tell God you're giving it to Him! It's not yours to carry!
- 5. Forgive God.** * In other words. Tell God you are no longer holding him accountable for anything! Release the anger toward Him. (God why did you let this happen...)
- 6. Thank God.** I always think it's a good idea to give thanks after God has done a miracle/deep work.

I keep a copy of this in my phone. I hope this blesses someone. All I know is that it works! Brother Shatwell definitely heard from God. This has transformed my own life. Also, helps to pray through it yourself before you pray with someone else.