

Forgiveness - Barb Mulvey

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Details of Asking for Forgiveness from God

Begin with this prayer:

“Lord show me who has sinned against me.
Lord show me how I have sinned against others.”

What God reveals, deal with it.

1. Acknowledge your feelings. I felt angry, little, insignificant, like I didn't matter, rejected, invisible...
2. List the specific sin... they sinned against me by lying about me.
I sinned against them by lying about them.
3. Say the words: God I forgive them or God please forgive me
4. Receive God's forgiveness. Do not brush it aside. Live in the wonder that your sins have been forgiven.
5. Tell God your action plan not to sin again in this way again.

Details of Asking for Forgiveness from Others

So what does a conversation sound like where you ask for forgiveness? Here are some steps:

1. Set aside a time when you can be alone, without distractions with time to talk it through.
2. When you meet, ask the person to tell you how you hurt them.
3. Listen—don't defend your actions or sidestep or blame her (write them down if needed).
4. If s/he gets quiet, say you are listening and ask if there is more.
5. Ask them specifically to forgive you for each offense you committed.
“I know I hurt you and disappointed you by my actions. I know I sinned against you and God and I want to change so I never do it again. Please forgive me.”
6. Add more sins if they are brought up. Own your sins, don't explain.
7. Rather than demanding their trust immediately, accept that as your consequence.
8. Tell your plan to not sin against them again. Include put-offs, put-ons and attitude changes.
9. Maybe ask for another meeting in a week or a month to get input on how you are doing.