

Process for Forgiveness and Repentance

Sample for the process of forgiveness¹

By yourself

- Understanding one's thoughts and feelings after a conflict
- Choosing to forgive in your heart and in front of God through prayer (and letting go of any pride and self-perceived rights)

With your partner/friend

- 1) "Do you remember when you did/said ____ (Content) ____ at ____ (Time and/or Place) ____"
- 2) "I felt (hurt/angry/upset) because it made me feel that _____ even if you didn't mean it that way"
- 3) Wait for the other person to respond
 - o Clarify the above two points if necessary
 - o (Full reconciliation will ideally happen with the presence of both repentance and forgiveness)
- 4) "I forgive you" (only be ready to say this if you are ready to let go of that hurt and not bring it up again)

Sample for Repentance²/Apology

By yourself

- After understanding the situation, take responsibility. (If you need clarification, see point #1 below)
- Acknowledge to yourself and to God the wrongdoing with a remorseful attitude and a desire to change (and let go of any pride)
- Resolve to work on this attitude/words/actions and not cause the same hurt again in the future

With your partner/friend

- 1) "Could you share with me what was it that I did or said that hurt you/made you angry/cause you to be upset?"
- 2) "Could you tell me why it hurt you/made you angry/cause you to be upset?"
- 3) "I am sorry/I apologize for doing/saying _____ and that it hurt you/made you angry/cause you to be upset" (this has to be genuinely heartfelt without excuse making, rationalizing, blaming, or being "sorry for how they 'feel'")
- 4) "Will you forgive me?" (forgiveness may be possible at the time, or at a later time)
- 5) "I will work on this and try not to do/say _____ again"

¹ This should be preceded with the right attitude, tone, place, timing and reason

² See Matthew 5:23-24. **Definition of Repentance:** It is the changing of my mind regarding my wrongdoing so that I 1) Agree that what I did was wrong, 2) Feel remorse toward what I did, and 3) Resolve to change for the future.