

## Forgiveness Week 3

### Questions for Understanding

1. What is God showing us about His nature in these verses?
2. What is God showing us about the way He values every single human being in these passages?
3. What is God showing us about our own values and motivations in these passages?
4. What is God saying to you in this lesson and what will you do about it?

### Forgiveness Exercises:

#### Inventory

To do this forgiveness exercise, choose a quiet, comfortable place where you will be free from distractions. Give yourself at least an hour to complete this exercise from beginning to end. You will need some paper and a pen. You may use this exercise by itself or in conjunction with these Steps to Forgiveness.

#### 1. Make a list of names

To begin the process of forgiving others, write down the name of every person (even if they are no longer living) who has irritated or offended you in some way. If that hurt or upset is still with you, their name goes on the list.

You will be amazed at the memories that come to you.

People may come to your mind that you haven't thought about in years.

Feel free to include your pets on the list if that feels appropriate to you. Also, be sure to put your own name on the list to forgive yourself for regrets that you may have.

Keep writing names until you can't think of anyone else to add.

#### 2. Spend some time forgiving each person on your list

Look at the first name on your list, close your eyes and then (as Doreen suggests) hold the image of each person in your mind and tell him or her, "I forgive you and I release you. I hold no unforgiveness back. My forgiveness for you is total. I am free and you are free."

Once you say the affirmation, feel the truth of these words in your body. Feel how good it feels to let go. Continue to do this with each person on your list.

### 3. Notice how you feel and write about your experience

After you "speak to" the last person, pause for a moment to notice how you feel. You can write about your experience if you wish.

### 4. Express and feel your gratitude

If you followed these Steps to Forgiveness and asked for spiritual assistance, this is a good time to give thanks for the support that you received.

To end this session of forgiving others and forgiving yourself, close your eyes and bring your awareness into your heart, allow your heart to fill with gratitude for the releasing that took place.