

Think through your whole life and forgive everyone. Following is a list to help you remember.

Forgiveness Checklist

- Parents, siblings, other family members
- Spouse
- Children
- Friends
- Classmates, co-workers
- Romantic relationships
- Teachers
- Pastors or spiritual leaders
- Employers, business associates
- Medical doctors
- Police, government officials
- Other races, groups, religions
- Enemies
- Yourself
- God

◦ Note: God has never wronged you. Sometimes, though, people become confused or disappointed when He does not appear to intervene in their lives as they expected. "Forgiving" God means telling Him about the disappointment or pain you've experienced, without accusing Him of wrongdoing. Remember, He is always good; He is never to blame.

Forgive each person for the specific way he or she wronged you. Forgive each wrong out loud: "Lord, I forgive _____ for _____."

Do this for everyone you put on the list.

You listed the wrongs people did to you. Now, ask God to show you any wrongs that you did to them. Even if you were only 10% at fault, repent of this 10% to God. For example, did you display a bad attitude? Were you stubborn, lazy, ungrateful, untruthful, or vindictive? In addition, ask God to forgive you for holding unforgiveness and resentment.

When you have finished forgiving and repenting, tear up the forgiveness checklist. This is like tearing up a debt slip. You are saying these people don't owe you anymore. You are turning the offense, the hurt, the grudge, and the offender over to God. God will do what is just on your behalf.

You are free from carrying the resentment any longer.