

# The 7 Protocols of Forgiveness

*Adapted from Forgiving Forward*

1. Thank God for forgiving you.
2. Ask God, "Who do I need to forgive and for what?"
3. Write down each person that enters immediately into your mind.
4. Ask God to forgive you for not forgiving them.
5. Forgive each offense from your heart.
  - a. Lord, I choose to forgive \_\_\_\_\_ from my heart for \_\_\_\_\_.
  - b. Lord, is there anything else I need to forgive \_\_\_ for?
  - c. I declare \_\_\_ is no longer in my debt."
6. Ask God to bless them and look for ways to bless them when possible.
7. Commit to "not remember" the offense. When the memory comes...
  - a. Say, I specifically remember forgiving that.
  - b. Praise God for the freedom forgiveness brought you.
  - c. Bless the person you forgive again.
  - d. Pray for reconciliation.
8. Make pre-forgiveness a lifestyle.
9. Celebrate your willingness to forgive.
10. Express gratitude that you are beginning the process to forgive and prevent anything from separating you from God's provision for you.