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**Step 8: Willing To Forgive**

**Step 8**: We make a list of every person we have harmed and those who have harmed us and become willing to make amends and forgive them all.

* **Willingness**: The quality or state of being prepared to do something.

**Make the List**

1. \_\_\_\_\_\_\_\_\_ who have \_\_\_\_\_\_\_\_\_ me the \_\_\_\_\_\_\_\_.

*Psalm 147:3 He heals the brokenhearted and binds up their wounds.*

*1 Peter 3:9 Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.*

1. \_\_\_\_\_\_\_\_\_\_.

*Romans 8:1 There is therefore now no condemnation for those who are in Christ Jesus.*

1. \_\_\_\_\_\_\_.

*Psalm 22:2**O my God, I cry by day, but you do not answer, and by night, but I find no rest.*

*Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7**And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

**Steps to Becoming Willing to Forgive**

* \_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_.

*Jeremiah 6:14You can’t heal a wound by saying it’s not there!*

* Practice \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ rather than \_\_\_\_\_\_\_\_\_\_\_.

*Ephesians 4:31-32 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32**Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you (NLT).*

*Luke 23:34 Jesus said, “Father, forgive them, for they don’t know what they are doing.” And the soldiers gambled for his clothes by throwing dice.*

* Live in the \_\_\_\_\_\_\_\_\_\_ rather than in the \_\_\_\_\_\_\_\_\_.

*Isaiah 43:18-19 Remember not the former things, nor consider the things of old.19Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.*

* \_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_ to Jesus.

*1 Peter 5:7 Casting all your anxieties on him, because he cares for you.*

* \_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_.

*Ezekiel 36:26 I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh.*

**Leader’s Question:** Am I ready to be freed from the bondage of unforgiveness? Share why or why not.