

Beliefs Worksheet #1—God’s Character

Ask your **heart**, not your head, what you truly believe. It is much more important to be honest than to choose an answer because you think that is what you are supposed to believe. Just because God’s Word tells us that these things are true, it doesn’t mean our heart really believes it. We know that the Bible says God loves us. However, when we have been deeply wounded, we often believe that we have been excluded from God’s love, so be honest, not “correct.” Scripture references are provided in case you want to read verses that refer to any of the beliefs.

Circle the one that best describes your level of belief.

1=I definitely do not believe this

2=I have some doubts about the truth of this

3=I am not sure what I believe about this

4=I believe this is mostly true

5=I have no doubt that this is truth

- | | | | | | | |
|---|---|---|---|---|---|--|
| 1. God’s idea of justice is always right. | 1 | 2 | 3 | 4 | 5 | 2 Chr. 19:7, Ps. 98:9 |
| 2. God is always on the job even in the worst of times. | 1 | 2 | 3 | 4 | 5 | Ps.71:20-21, Gen. 50:20 |
| 3. God is always present with his children. | 1 | 2 | 3 | 4 | 5 | Ps. 139:8, Jer. 23:23-24 |
| 4. God is merciful and does not punish as our sins deserve. | 1 | 2 | 3 | 4 | 5 | Ps. 103:8-12, Mic. 7:18
Ezk. 20:16-17 |
| 5. God is gracious and gives us good things. | 1 | 2 | 3 | 4 | 5 | Ps. 34:9-10, 37:4 |
| 6. God can be trusted. | 1 | 2 | 3 | 4 | 5 | Ps. 9:10, Is. 26:4 |
| 7. God is kind. | 1 | 2 | 3 | 4 | 5 | Jer. 9:24, Hos. 11:3-4 |
| 8. God follows through on all his promises. | 1 | 2 | 3 | 4 | 5 | Num. 23:19, Ps. 145:13 |
| 9. God has unlimited resources to help us. | 1 | 2 | 3 | 4 | 5 | Ps. 50:9-12, Acts 17:25 |
| 10. God made us, therefore, he knows what is best for us. | 1 | 2 | 3 | 4 | 5 | Ps. 100:3, Is. 64:8, Mal. 2:10 |
| 11. God loves pouring gifts on us. | 1 | 2 | 3 | 4 | 5 | Jer. 32:40-41, Mat. 7:11 |
| 12. God is qualified to lead our lives. | 1 | 2 | 3 | 4 | 5 | Ex. 19:4, Deut.33:26-27 |
| 13. God cares about us. | 1 | 2 | 3 | 4 | 5 | Ps. 145:9, Lam. 3:22-23 |
| 14. God is protecting us 24/7. | 1 | 2 | 3 | 4 | 5 | Ps. 34:7, 91:4, 121:3-4 |
| 15. God has the ability to heal anything. | 1 | 2 | 3 | 4 | 5 | Ps. 30:2, Luke 6:18-19 |
| 16. There is nothing created that God didn’t make. | 1 | 2 | 3 | 4 | 5 | Ecc. 11:5, Amos 4:13 |
| 17. God never lies. | 1 | 2 | 3 | 4 | 5 | Num. 23:19, Heb. 6:18 |
| 18. God’s faithfulness will never let us down. | 1 | 2 | 3 | 4 | 5 | Deut. 7:9, Ps. 33:4 |
| 19. God has a passionate love for us. | 1 | 2 | 3 | 4 | 5 | 1 John 3:1, 4:9 |
| 20. God’s heart is absolutely pure. | 1 | 2 | 3 | 4 | 5 | Deut. 32:4, Ps. 145:17 |
| 21. He is King of the universe and above all things. | 1 | 2 | 3 | 4 | 5 | Deut. 4:39, 1 Chr. 29:12 |
| 22. God makes the right decisions. | 1 | 2 | 3 | 4 | 5 | Rom. 11:33, 16:27 |
| 23. God is offended when sin is committed. | 1 | 2 | 3 | 4 | 5 | Ps. 51:4, Is. 43:24 |
| 24. God’s power to help us is unlimited. | 1 | 2 | 3 | 4 | 5 | Jer. 32:27, Eph. 3:20-21 |
| 25. He is a good and righteous judge. | 1 | 2 | 3 | 4 | 5 | Ps. 99:4, 145:17 |
| 26. God’s love for us is without limit. | 1 | 2 | 3 | 4 | 5 | Deut. 7:9, Jer. 31:3 |
| 27. God is good. | 1 | 2 | 3 | 4 | 5 | Ps. 100:5, Nah. 1:7 |
| 28. His way of doing things is better than our way. | 1 | 2 | 3 | 4 | 5 | Is. 55:8-9, Rom. 9:20 |
| 29. God’s favor is on us. | 1 | 2 | 3 | 4 | 5 | Pro. 8:35, Eph. 2:7 |

Beliefs Worksheet #2—My Relationship with God

Circle the one that best describes your level of belief.

1=I definitely do not believe this

4=I believe this is mostly true

2=I have some doubts about the truth of this

5=I have no doubt that this is truth

3=I am not sure what I believe about this

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|--|---|---|---|---|---|-------------------------------------|
| 1. God will never leave me or forsake me. | 1 | 2 | 3 | 4 | 5 | Mat. 28:20, Heb. 13:5 |
| 2. No one is more important to God than me. | 1 | 2 | 3 | 4 | 5 | Acts 10:34, Rom. 10:12 |
| 3. God is on my side. | 1 | 2 | 3 | 4 | 5 | Is. 41:10, Rom. 8:31 |
| 4. God wants to bless me. | 1 | 2 | 3 | 4 | 5 | Ps. 21:1-3, Eph. 1:3 |
| 5. God considers me pure when I confess my sins. | 1 | 2 | 3 | 4 | 5 | Ezk. 36:25, Rom 8:1 |
| 6. What God expects of me is realistic and appropriate. | 1 | 2 | 3 | 4 | 5 | Deut. 5:29, Is. 64:8 |
| 7. God feels pain when I am suffering. | 1 | 2 | 3 | 4 | 5 | Is. 63:9, Jer. 8:21 |
| 8. I am safe in the shadow of his wings. | 1 | 2 | 3 | 4 | 5 | Ps. 91:1-4, 121:5-8 |
| 9. God has planned a life for me that is good. | 1 | 2 | 3 | 4 | 5 | Jer. 29:11, John 10:10 |
| 10. God can and will meet all my physical, spiritual and emotional needs. | 1 | 2 | 3 | 4 | 5 | Rom. 8:32, Phil. 4:19 |
| 11. God knows my every hard emotion and tortured thought. | 1 | 2 | 3 | 4 | 5 | Ex. 3:7, 1 Chr. 28:9 |
| 12. God receives me as his precious daughter. | 1 | 2 | 3 | 4 | 5 | John 1:12, 1 John 3:1 |
| 13. God never stops loving me, even for a second. | 1 | 2 | 3 | 4 | 5 | Is. 54:10, Jer. 31:3 |
| 14. God sees everything that happens to me. | 1 | 2 | 3 | 4 | 5 | Job 31:4, Heb. 4:13 |
| 15. The way God works in my tough situations is perfect. | 1 | 2 | 3 | 4 | 5 | 2 Sam. 22:31, Is. 55:8-9, Hos. 14:9 |
| 16. God never allows consequences in my life, except what is for a good purpose. | 1 | 2 | 3 | 4 | 5 | Rom 8:28, Heb. 12:10-11 |
| 17. God is never too busy for me. | 1 | 2 | 3 | 4 | 5 | Is. 30:19, Eph. 2:18 |
| 18. There is no struggle in my life too big for God to handle. | 1 | 2 | 3 | 4 | 5 | Jer. 32:27, Luke 1:37 |
| 19. It is always the best choice to turn my anger, woundedness and bitterness over to God. | 1 | 2 | 3 | 4 | 5 | Ps. 55:22, Jer. 30:17 |
| 20. God will always give justice to my offenders. | 1 | 2 | 3 | 4 | 5 | Ps. 103:6, 2 Thes. 1:6-7 |
| 21. Unforgiveness blocks my relationship with God. | 1 | 2 | 3 | 4 | 5 | Ps. 66:18, Is. 59:1-2 |
| 22. God is able to accomplish his purposes in my life. | 1 | 2 | 3 | 4 | 5 | Ps. 138:8, Phil. 1:6 |
| 23. God accepts me, no matter what I've done. | 1 | 2 | 3 | 4 | 5 | Rom. 8:1, Acts 10:34-35 |
| 24. I can trust God with the deepest and darkest places of my heart. | 1 | 2 | 3 | 4 | 5 | Ps. 139:1, 1 Pet. 5:7 |
| 25. I can trust everything God says in his Word. | 1 | 2 | 3 | 4 | 5 | Ps. 18:30, 19:7-11 |
| 26. God is wild about spending time with me. | 1 | 2 | 3 | 4 | 5 | Ps. 149:4, Zep. 3:17 |
| 27. When I sin, I hurt God. | 1 | 2 | 3 | 4 | 5 | Ps. 41:4, 51:4, Is. 43:24 |
| 28. God can and wants to set me free from bondage. | 1 | 2 | 3 | 4 | 5 | Is. 61:1, Jer. 29:12-14 |
| 29. I can weep with God because he comforts me. | 1 | 2 | 3 | 4 | 5 | Ps. 34:18, Jer. 8:18 |

Beliefs Worksheet #3—My Identity

Circle the one that best describes your level of belief.

1=I definitely do not believe this

2=I have some doubts about the truth of this

3=I am not sure what I believe about this

4=I believe this is mostly true

5=I have no doubt that this is truth

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|--|---|---|---|---|---|---|
| 1. I am important to God. | 1 | 2 | 3 | 4 | 5 | 1 Cor. 6:19-20, Eph. 1:5, 2:6 |
| 2. When I reach out to God, he accepts and receives me. | 1 | 2 | 3 | 4 | 5 | Ps. 27:10, Eph. 1:5-6 |
| 3. I am always responsible for my choices regardless of what others have done. | 1 | 2 | 3 | 4 | 5 | Mic. 6:8, John 21:22 |
| 4. It is God’s desire to be faithful to me. | 1 | 2 | 3 | 4 | 5 | Deut. 7:9, Ps. 89:24, 2 Thes. 3:3 |
| 5. God thinks I am precious and valuable. | 1 | 2 | 3 | 4 | 5 | John 3:16, Eph. 1:4-5, 1 Pet. 1:18-19 |
| 6. God feels compassion toward me. | 1 | 2 | 3 | 4 | 5 | Ps. 103:4, 8, Lam. 3:22-23 |
| 7. I am not a bad person even though I have done bad things. | 1 | 2 | 3 | 4 | 5 | Is. 57:15-18, Ez. 36:24-30 |
| 8. God believes I am worth embracing as his child. | 1 | 2 | 3 | 4 | 5 | John 1:12, Rom. 8:15-17 |
| 9. God did an excellent job in how he created me including my face, hair, coloring and body. | 1 | 2 | 3 | 4 | 5 | Ps. 139:13-14, Eph. 2:10 |
| 10. God truly loves me. | 1 | 2 | 3 | 4 | 5 | Rom. 8:32-39, Eph. 3:17-19
1 John 4:10, 16 |
| 11. There is no sin I have committed that God won’t forgive. | 1 | 2 | 3 | 4 | 5 | Ps. 103:3, 1 John 1:9 |
| 12. God’s truth applies to me no matter what has happened to me. | 1 | 2 | 3 | 4 | 5 | John 3:18, Rom. 1:16, 8:1-2 |
| 13. Even though I may have experienced or done horrible things, they don’t define who I am. | 1 | 2 | 3 | 4 | 5 | 2 Sam. 11:14-17 & Acts 13:22 |
| 14. God wants to help me with my life. | 1 | 2 | 3 | 4 | 5 | Ex. 15:13, Ps. 91:14-15, Is 42:16 |
| 15. I can ask God for what I want and need. | 1 | 2 | 3 | 4 | 5 | John 15:15-16, 1 John 5:14 |
| 16. I always have a choice even if I don’t like any of them. | 1 | 2 | 3 | 4 | 5 | Jos. 24:15, Pro 1:28-33, Is. 30:21 |
| 17. God’s promises are for me. | 1 | 2 | 3 | 4 | 5 | Rom. 10:12, 2 Pet. 1:3-4 |
| 18. God protects me because I matter to him. | 1 | 2 | 3 | 4 | 5 | Ps. 91:14-15, Ps. 121 |
| 19. God will give me a life that is good and blessed. | 1 | 2 | 3 | 4 | 5 | Jer. 29:11, John 10:10 |
| 20. God has the power and desire to help me. | 1 | 2 | 3 | 4 | 5 | Jer. 32:40-41, Eph. 3:20-21 |
| 21. God considers my life worth healing. | 1 | 2 | 3 | 4 | 5 | Is. 61:1, Jer. 33:6, Hos. 11:3-4 |
| 22. Through Christ I can accomplish everything he asks of me. | 1 | 2 | 3 | 4 | 5 | Is. 41:10, Phil. 4:13 |
| 23. He wants to be really close to me. | 1 | 2 | 3 | 4 | 5 | Ps. 34:18, 145:18, Acts 17:27 |
| 24. With God’s power, I can make positive changes in my life. | 1 | 2 | 3 | 4 | 5 | Jer. 7:3-8, James 4:17 |
| 25. My role in relationships is to be patient and loving—never manipulative or controlling. | 1 | 2 | 3 | 4 | 5 | Zec 7:9-10, Mark 9:35, Eph 4:1-3 |
| 26. It is healthy to strive for balance in all areas of my life. | 1 | 2 | 3 | 4 | 5 | Jos. 22:5, Ps 119:9-11, Ecc 7:18b |
| 27. I am a valuable person and worth getting to know. | 1 | 2 | 3 | 4 | 5 | Ps. 139:14, Ecc. 3:11 |

Processing Worksheet for Beliefs

Step A: Choose three truths from either Beliefs Worksheet #1, #2, or #3, that had a lower score and write them on this worksheet.

Step B: Write a statement that reflects what you really believe. This will be a false belief. The possibilities are endless. There are no right or wrong answers. Just try to make the statement reflect what you really believe.

Step C: Find a Scripture that speaks the truth about this area of doubt or unbelief. I have included a list of verses on the Beliefs Worksheet that you may find helpful for this step.

Example: Step A God accepts me, no matter what I've done.

Step B God accepts other people, but I never quite measure up to be accepted by him.

(or) God has never accepted me—only judged me.

(or) I believe God will accept me as soon as I get my life together.

Step C ...neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:39).

#1

Step A _____

Step B _____

Step C-Scripture _____

#2

Step A _____

Step B _____

Step C-Scripture _____

#3

Step A _____

Step B _____

Step C-Scripture _____

Worksheet for Writing My Story

Pray that God will reveal to your mind how much he cares for you, and how he is sovereign and has a purpose for allowing these things in your life. He loves you and he will heal you. Meditate on Isaiah 55:8-9.

The greater portion of your story should be spent sharing information that will explain your wounds and the events (positive and negative) that have impacted your life and shaped who you are.

*It is helpful if you include basic information such as where you were born, the places you have lived, who was in your original family, education/training, jobs/careers, marriage(s) and children. But it is not necessary to mention extensive lists of details. For example, if you were from a military family, you don't need to share every place your family was stationed. **If it applies to you, be sure to include when and how you became a Christian or if you are still seeking to find the truth.***

Early Childhood (0-12)

Events that were positive, happy, or where God clearly helped:

Events that were negative, hard, or painful:

Teen Years (13-19)

Events that were positive, happy, or where God helped:

Events that were negative, hard, or painful:

Young Adult (20-35)

Events that were positive, happy, or where God helped:

Events that were negative, hard, or painful:

Middle Adult (35+)

Events that were positive, happy, or where God helped:

Events that were negative, hard, or painful:

Please use the following prayer guideline to prepare your heart:

-) First pray and ask Jesus to help you look away from distractions for the next few minutes.
-) Pray in the name and power of Jesus to bind the enemy and forbid any interference from him.
-) Invite Jesus to come and share the truth with you.
-) Ask Jesus to search your heart and bring up the painful event that needs his healing touch today.
-) Wait silently while he leads your thoughts to a painful event.
-) After you sense Jesus' direction for you, begin to identify the five areas of this wound.

1. PAINFUL EVENT

Briefly describe the event that wounded your heart.

2. FEELINGS

Use the feelings chart (page 93) to identify the feelings that wounded your heart.

3. ACTIONS

What choices and decisions did you make as a response to your painful event?

1. THOUGHTS

What thoughts went through your head either during or after the event?

2. BELIEFS

What beliefs influenced your thoughts and choices? What did you believe about the character of God (page 15)? What did you believe about his relationship with you (page 38)? What did you believe about your identity (page 48)?

To whom was the role of provider, power and protector assigned—you, God or someone else?

Beliefs often begin with “God is/isn’t...”, “God does/doesn’t...”, “God can/can’t...”, “I am/am not...”

Examples: God isn’t an adequate provider. God doesn’t protect me. I am my own power source.

Healing Step #1
Identifying our feelings and asking God for his healing

Trust in him at all times, O people; pour out your hearts to him, for God is our refuge (Psalm 62:8).

Healing is a process. It involves different steps and takes time. Sometimes we believe we can't go to God or involve him until we are ready to completely resolve the issue in obedience. This is a false belief and cuts us off from receiving his help while we are still in process. The purpose of Healing Step #1 is not to resolve the issues, or to forgive. The purpose is to *begin* the healing process by inviting God into the wound.

- A. List one way that you have been offended, including the name of your offender. Keep in mind that your offender may also be yourself or even God (in your perception).

_____ offended or hurt me when he/she _____

- A. Now list as many feelings associated with that offense as you are able to identify. These are your wounds. If you need help with this, refer to the Feelings Chart on page 93.

When I think about _____ (the offense & offender) I feel:

))
))
))
))

- B. If you are ready, pray the following prayer aloud.

Lord, when I think about _____ (my offender and what they did) I feel _____

I choose to give you these hard and hurtful feelings. I acknowledge that healing for my wounds comes from you. I invite you into this area of my life. Please prepare me to completely relinquish control of this to you. Amen

Victim Worksheet

The purpose of this worksheet is to help you identify your victim patterns, the reasons you are making these choices, and then to brainstorm a new way of handling similar situations. Think of a time when you acted like a victim. **Victim behavior includes anything that is contrary to what God would want us to do.**

1. What happened (the facts)?

2. How did you respond?

3. Why did you respond this way?

4. Which of the 5 victim rules were you following?

Rule #1: Accept that you are truly of little or no value.

Rule #2: Do not ask for what you need or want.

Rule #3: Treat yourself or others disrespectfully, preferably both.

Rule #4: Do not change dysfunctional areas of your life.

Rule #5: Live your life in extremes, avoiding balance.

5. What is your underlying need? Understanding our true needs is essential! (Possible underlying needs include: acceptance, significance, security, love, nurture, affirmation, respect, appreciation, rest, satisfaction, peace, freedom, a true provider, protector, or source of power.)

6. How could you have done it differently?

Example #1

1. My rent was due.
2. I didn't pay it.
3. I didn't have the money because I spent too much money last month.
4. Rule #5 (Living life in extremes, avoiding balance.)
5. I use money to make myself feel better and buy what I want, when I want it. I need a true provider and need to nurture myself in healthy ways.
6. I need to trust God to be my provider. I could get help to learn how to live on a budget and live within my income so it does not happen again. (Healthy people can make changes.) Also, when I am feeling bad, I can call a friend and ask for help.

Example #2

1. I had just cleaned up the kitchen when my husband came in and made himself a sandwich and left a big mess.
2. I said nothing to him, but was fuming inside as I cleaned it up.
3. I was afraid we would get in a big fight if I told him how upset I was about the mess.
4. Rule #2 (Can't ask for what I want.)
Rule #3 (Treating myself disrespectfully.)
5. I need respect and appreciation for my work and contribution to our home.
6. I could have spoken up without making demands or threats and said, "You know, honey, I realize you weren't in here an hour ago when I cleaned the entire kitchen, but I made a pretty good effort. And after you made your snack and left everything out, I felt frustrated and unappreciated."

Healing Step #2
Processing for Ways I Have Hurt God

A. Choose one thing on your list of “Ways I Have Offended God,” pages 238-239, and write it here.

My offense against God: _____

B. State the lie that is underneath this offense. Then speak the truth to the lie.

Lie: _____

Truth: _____

C. Identify the feelings that you have in conjunction with this offense.

Feelings: _____

D. Use this format to help guide you as you pray to God. Keep in mind that this is not an academic exercise, but intended to be heartfelt repentance. (Psalm 51:17; Isaiah 57:15-19)

God, I confess to you that I hurt you when I _____
_____ (A)

I have believed the lie that _____
_____ (B)

I know that the truth is this: _____
_____ (B)

I humbly come to you with my feelings of _____
_____ (C)

Please forgive my sin. Please heal this deep place of woundedness in me. I know I am forgiven by the work Christ did on the cross and I thank you for releasing me from bondage. Amen

E. Receive God’s forgiveness. Let it fill your heart and mind. Remember that he has forgotten your sins as you have uttered them. You are his precious child and he desires to be close to you. He has provided this way to remove the barriers in your relationship and restore you to him.

) *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).*

) *As far as the east is from the west, so far does he remove our transgressions from us (Psalm 103:12).*

) *But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him (John 15:20).*

Healing Step #3
Processing Steps for “Ways I Have Hurt Others”

“Say to the Israelites: ‘Any man or woman who wrongs another in any way and so is unfaithful to the LORD is guilty and must confess the sin they have committed. They must make full restitution for the wrong they have done, add a fifth of the value to it and give it all to the person they have wronged’” (Numbers 5:6-7).

- A. Choose one offense from your worksheet, “Ways I Have Hurt Others or Myself,” page 285, and write it here:

I offended _____ when I _____

- B. Identify the feelings that you have in conjunction with this offense:

- C. Check which role(s) you wrongly assumed when you committed the offense:

___ Provider ___ Protector ___ Power source

- D. Processing Prayer

Use this format or something similar to help guide you as you pray with God. Seek to truly connect with your repentant heart as you work through this.

Lord, I was wrong when I _____ (A).

When I think about what I did, I feel _____ (B).

I choose to give you these feelings and humbly ask for your healing. I realize that I have acted out of the lie that I am my own (3 Ps) _____ (C). I know the truth and choose to believe that only you can be my _____.

Please forgive me for hurting _____ (A). Please bless him/her. I desire to be restored in my relationship with you and to go a new way. I am willing to do whatever you ask of me to reconcile (may or may not be possible) or bring restitution to this situation. Amen

Write down any steps of reconciliation or restitution that God is asking you to make:

- E. Know that you are forgiven. God’s love and his power have released you from the bondage that occurred with this sin. You are set free. The work of restoring your spiritual health has begun. Follow through now on what God showed you in step D. Take appropriate action with the person/people/place you wronged by asking for forgiveness and/or making restitution. *Search will be made for Israel’s guilt, but there will be none, and for the sins of Judah, but none will be found, for I will forgive the remnant I spare (Jeremiah 50:20b).*

Healing Step #4
Processing Steps for the “Healing of my Wounds”

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you (Colossians 3:13).

A. Choose the person you wish to process and the offense they committed against you. (It is possible that you are the person who has offended yourself.) Write this person’s name and a brief description of the offending incident, or a summary if there were multiple incidents.

_____ hurt me when he/she _____

B. Describe the deep wound that was created in your heart, e.g. betrayal, abandonment, neglect, disappointment, heartbreak, rejection, etc. How did this offense affect you?

C. What have you lost in your life as a result of this offense?

D. Have you responded to your wound by going your own way, i.e. revenge, injustice, unforgiveness, bitterness, blame, gossip, complaining, withdrawal, etc.? If so, list your sinful response(s).

see next page for prayer.

E. Processing prayer for Healing Step #4

You may use this format or something similar to help guide you as you pray to God.

) Father, my heart was deeply wounded by (A) _____ (person) when he/she _____ (offense)

) I felt so _____ (B) by him/her.

) Father, I know that you know all about my suffering and you care about my pain. You were grieved, as well, when this happened to me. So I choose to trust you and I invite you to come into my wounded place. Please touch my broken heart with your healing light.

) I know that I am also a sinner and have offended others. I am very aware that I am saved only by your mercy. And because of this, I choose to release _____ (person) from his/her sin against me. I totally relinquish control, ownership, and all thoughts of justice to you. I acknowledge that you are the only one with the wisdom and power to handle this. I do not qualify.

) I choose to accept the pain and consequences he/she caused me.

) (If applicable) Please forgive me for my pride in how I handled this initially by (D)

_____.

Set me free, Lord, from my sin.

) (If the person is still living) Lord, I ask you to bless _____ (person). If he/she has areas of woundedness, I pray that you will bring healing to his/her life, as well.

) Please restore my heart. I look forward to seeing the good you will bring out of this hard event in my life.

) Father, help me to grieve what I have lost (C). I choose to trust you to be my Comforter in sorrow (Jeremiah 8:18 NIV) and I will allow a season of grieving and healing.

) Thank you for the sacrifice of your Son, which has made this healing process possible, for your power which restores even the most damaged heart, and for your love that sustains me through this healing process. Amen