

Date:

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