

Date:

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).*