

Date:

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:

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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).*