

# Forgiveness List

This tool assists us in identifying our past or current pain. Mark what applies to you or fill in your own.

Participant Guide  
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## What is a Forgiveness List?

A Forgiveness List is a tool that is used to identify past or present hurt that has been experienced for the purpose of choosing to forgive the offense and the offender. This process allows the redemptive power of Jesus Christ to begin to heal our hearts.

The goal is to clear our heart of unprocessed or suppressed hurt that is causing our heart to become hard or fueling destructive behaviors and emotions. When our heart is clear, we can more freely receive the Father's love and love others through His love.

## Scriptures

### Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

### Galatians 5:1

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

### Matthew 5:23-24

Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

### Matthew 6:14-15

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

### Luke 23:34

Jesus said, "Father, forgive them, for they do not know what they are doing."

**SOAP** is an acronym and is a powerful method for studying the Bible and applying it to your life.

## S stands for Scripture.

It all starts when you read the Bible, whether it is a verse or a chapter. When you read the Bible, pay attention to what verse or phrase really stands out to you. Feel free to underline in your Bible as you read; this will help you identify meaningful verses or phrases. Once you identify what stands out the most, write it down.

## O stands for Observation.

This part is as simple as writing down what you think the verse or phrase means. Don't worry about getting this exactly right; that is not the point. The most important part of this is beginning to interact with the Bible.

## A stands for Application.

Once you write down what you think the verse means, take the next step and write down how you think the verse applies to your life. This is where we take the word of God and make it personal.

## P stands for Prayer.

The last step in the process is to take your application and write out a prayer of how you want God to make it real in your life.

The sample below is just one example of a personal encounter with the Bible. When you write out your SOAP, don't worry about getting things "right" or perfect. SOAP has more to do with you interacting with the Bible than anything else. Above all, enjoy this time with God's word.

### Proverbs 3:5-6

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

**Scripture:** *(the verse or phrase that stands out to you from the passage of Scripture read)*

Proverbs 3:5 Trust in the lord with all your heart.

**Observation:** *(what you think this verse means and anything you noticed)*

God wants me to trust Him with every area of my life.

**Application:** *(how it affects you or applies to your life personally)*

I don't always trust God with everything. I tend to have trouble trusting God with things I like to control, like finances or relationships.

**Prayer:** *(asking God to help you live out this verse)*

Father, I struggle with trusting you in certain areas. I'm sorry. Please help me, especially with my financial life and my relationships. I love You. In Jesus Name, Amen.