

# Seeking Forgiveness from Others

IOM America

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## Purpose Statement

Humility breeds freedom. When someone chooses to seek the forgiveness of someone they have hurt, they provide an opportunity to demonstrate the power of Christ's forgiveness. It is a great way to reveal the gospel. Seeking forgiveness is simply this; honestly reviewing how you hurt another by words, actions or lack of action. It is going to that person (preferably in person) and saying, "I was wrong" for whatever you did to create pain in their lives – then asking for their forgiveness. Forgiveness is "giving freedom before the offended has the opportunity to unveil bitterness."

## Seeking Forgiveness Is Not...

It is not going to another to "put things behind you" or "get the monkey off your back". It is not "smoothing over" what you did and it is certainly not bringing up their actions that "caused" you to hurt them. It is humbling yourself before them, confessing your sin and not considering their sin, or hurt, done unto you.

## Process of Seeking Forgiveness

1. Make four lists. Column one, how the offender hurt you. Column 2: how you felt regarding the hurt. Column 3, list the ramifications. Forth Column, list your sinful reactions to the offence. See example:

Who I Hurt	How I Hurt Them	How I "Act" Toward Them
Mom	Told her to "bite a rock"	✗ Avoided her ✗ Gossiped about her ✗ Skipped over birthdays ✗ Refused to return calls ✗ Etc.

2. Make sure you "extend forgiveness" before God if they hurt you.
3. Pray through the "Seeking Forgiveness" list.
4. Rehearse what and how you are going to say it.
5. Reject any defense, excuses, or blame.
6. Pray and get counsel for the "right timing."
7. Call the person to set a time. The phone conversation should go something like this;  
*Mom, I am calling to find a time to get with you regarding seeking your forgiveness for some things I believe I have done to hurt you. What is the best time for you?*
8. If they want to do it on the phone, delay. Plead to do this in person. If they refuse to meet with you in person or circumstances dictate that you can't, ask for a phone time that is best for them.
9. When the meeting starts, thank them for allowing you to do this.
10. Go down your list by saying "I was wrong for \_\_\_\_\_". Would you forgive me for this?" Wait for the answer and repeat this process until you have completed the list.
11. At the end of the meeting, thank them again. Now ask them is there anything you can do to assist in restoring the relationship. If the request is reasonable, do what they ask of you.

*"If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar, and go our way; first be reconciled to your brother, and then come and present your offering."* Matthew 5:23-24

