

Indicator #	L2Q01
Category	Community
Indicator	Forgives those who have wronged him/her

	Spiritual	Experiential
1	Meditate on Matthew 18:21-35; Romans 12:17-21; Ephesians 4:32. Memorize one or two of these verses.	Forgive those who have wronged you, in your heart and then in person if appropriate.
2	Meditate on Psalm 103. Reflect on the forgiveness and love of God. Praise Him for this!	Take responsibility for any hurt you have caused to others. Ask them to forgive you.
3	Memorize Psalm 103:12 and Ephesians 4:32.	Design a challenging task. For example: Do something good and unexpected for someone who has wronged you. Serve them.
4	Find verses on how Jesus forgave others. Pray that you would have the same heart as Christ.	Evaluate yourself – what are the primary things you have trouble forgiving in people? Why?
5	Reflect on recent times that God has forgiven you, or others have forgiven you. Thank God for each one.	Visit a prison and serve the people there in some way, perhaps leading a Bible study. Consider how Jesus forgave the sins of many people that society deemed unworthy.
6	Ask God to reveal any bitterness toward anyone in your heart. Ask for His forgiveness, receive His grace, and repent.	When thoughts of wrongs that have been committed against you come through your mind, cut them off with Psalm 103:12 or Ephesians 4:32.
7	Be honest in confessing your own sins before God. Be intentional about receiving His forgiveness. Journal your thoughts about God’s forgiveness toward you as you prepare to forgive others.	Design and conduct an event to celebrate forgiveness and encourage those around you to forgive others.
8	Pray daily that God would bless those who have wronged you. Pray that God would help you forgive those who have wronged you.	Practice looking at others with the heart of God and deliberately avoid judging motivations.
9	Pray for your political leaders, regardless of your opinions about them.	Take note of the personal freedom that is in your life as a result of giving up offenses toward others and forgiving. Write your experiences in your journal.

10	Reflect on what might be stopping you from forgiving others (perhaps including deep disappointments from your past). Fast and pray that you would be delivered from these things.	
11	Worship God with songs about the Cross and God's forgiveness.	
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Relational	Instructional
Find some role models who consistently forgive others and learn from them.	Study Matthew 18:21-35; Romans 12:17-21; Ephesians 4:32.
Ask one or two fellow believers to hold you accountable to forgive others. Ask them for advice and encouragement, and to walk alongside you.	Study the example of Jesus in how He forgave others, especially those unworthy of forgiveness. How can you follow His example?
Go to a spiritual leader for advice on how to forgive others. Ask them to pray for you.	Study the great biblical truth of God's forgiveness and reconciliation offered to humanity. Consider the great cost that opened the way for this reality.
Ask someone who has been deeply wounded to share their experience with you. How did they forgive the one who has wounded them?	Study 1 Corinthians 13, with particular attention to "keeping no record of wrong." What does that mean? Is it possible? Write out your thoughts.
Ask a trusted friend or intercessor to pray with you to help you forgive and identify any obstacles to forgiving others. Identify any roots in your tendency to carry offenses, such as pride, insecurity, or self-justification. Ask them to hold you accountable in the future.	Prepare a teaching on Jesus' forgiveness of others or on Psalm 103 to give to your small group or church. Facilitate a discussion on forgiveness.
In family gatherings (or any gathering that carries tension with it), speak affirmation and encouragement to those who oppose you.	Read stories of believers who have forgiven others in extraordinary ways.
Go to someone who offended you, and confess your part in the relational breakdown.	Find one or two examples of characters in the Bible who forgave their enemies. Why were they able to do so? What were the results?
Be intentional in setting an example of living forgiveness in your marriage and family relationships.	Find one or two examples of characters in the Bible who sought revenge instead of forgiveness. What were the consequences?
	Find and read books or articles on the topic of forgiveness or biographies of believers who forgave terrible offenses (ask a spiritual leader for suggestions).

	Study the distinction between forgiveness and reconciliation. In what situations might reconciliation not follow forgiveness?
	Listen to audio teachings on Church and Family Life by Malcolm Webber –at least one per week.