

1. Bring the charges (perceived offenses) to your Heavenly Father in His Court: *(Luke 18:7-8)*

- Identify the specific sin(s) that was (were) committed against you by a specific person
 - Include the awful effects of that sin, and the cost you have been paying
 - Do not excuse the offender by justifying, minimizing, ignoring, or other means which avoids holding an offender fully accountable for their actions
 - Give up your right to proclaim the offender innocent or guilty (that's God's right)
 - Your offender may have a different perspective or narrative (that's okay)
- Since only God knows the true motives of others, you cannot accurately accuse someone else of their motives, only their actions or neglect *(Proverbs 16:2)*

- State your belief that God cares deeply about your pain/shame *(I Peter 5:7)*
- Acknowledge God's willingness and right to defend you as his son/daughter *(Exodus 15:2, Isaiah 53:4, Matthew 8:17)*

2. Forgive:

- Trust that God will hold your offender accountable to Himself *(Romans 14:12, Hebrews 4:13)*
- Agree to give up your right to work justice on your own behalf *(Romans 12:19-21)*
 - Renounce revenge in any form
 - Trust God to deal justly with your offender *(Psalms 7:6-13)*
- Trust that your Heavenly Father will deal justly with you
 - Agree to accept Jesus' payment on the cross for all sin (including your offender's sin against you) in exchange for the debt your offender owes you *(I Peter 2:24)*

- Receive God's restitution to "pay off" the obligation your offender owes you (often in the form of emotional healing) *(Isaiah 53:4-5)*

- Agree to mark your offender's debt to you "paid in full," knowing he is still on God's hook.

3. Confess:

- Acknowledge your own sin in this circumstance *(Proverbs 28:13)*
 - Include all wrongful responses or unfair judgments made
 - Boldly refuse to justify or minimize your sin or the results *(Psalm 32:3-5)*

4. Ask forgiveness:

- Acknowledge that your sin created a debt you owe God and the persons who were damaged *(Romans 6:23)*
 - Request that your debt be paid in full, that the blood which was shed by Jesus on the cross would be applied to your specific sin *(Proverbs 28:13, Col 2:13-15)*

- Accept Jesus' payment so that no additional payments from you are necessary (including continued confession, self-condemnation, or refusal to "forgive yourself.") **(Hebrews 10:17-18)**

5. Supernatural Intervention:

- Pray that God would break the power of sin and strongholds **(Romans 6:5-18)**, such as:
 - cleansing from sexual defilement and breaking spiritual bonds/ties
 - breaking sinful strongholds, even generational sin **(II Corinthians 10:3-4)**
 - rejecting false judgments others have made against you
 - rejecting false beliefs that arose out of your sin or the sin of others
- Ask for freedom
 - To believe truth at a cognitive AND emotional level
 - To extend the offer of peace to those who don't deserve it. (This may not be reconciliation, or may only be partial reconciliation) - **(Matthew 18:16-17, Galatians 6:22)**

- To make whatever amends God asks of you

- Trust God to "fix" what you cannot

6. Emotions and Memories:

- Ask your Heavenly Father to remove the sting of negative emotions **(Isaiah 53:4-5)**
 - Hurt and pain
 - Anger/rage
 - Resentment
 - Shame
 - Disappointment
 - Guilt
- Place painful memories under the safe keeping of the Holy Spirit (not amnesia)

*Richard D. Smith, Connie Smith. Seminar on Prayer Resolution (Kearney, NE:Morris Publishing, 2008)

**Prayer Resolution by Cross Resources - <https://www.prayer-resolution.com>

Steps to Closure through Forgiveness in the Courts of Heaven

By Marcia Horstmann*



Although as followers of Jesus Christ, we know we ought to forgive others, we may not know how to do it!

Forgiveness is a legal transaction in the courts of Heaven, where through prayer we exchange our right to work out justice on our own, and instead trust God to carry out righteous justice on our behalf.

To receive complete emotional closure, we must forgive the one who offends us **and also** confess any sin we committed in response to, or in addition to the sin of the other. These are the steps involved: