

The Hard Reset



"Saul got up from the ground, but when he opened his eyes he could see nothing." Acts 9:8

"For God knows that when you cut from it your eyes will be opened, and you will be like God, knowing good and evil." Genesis 3:5

The Amends Process

Let's begin taking a look at the Amends Process. There are distinct differences between giving someone an apology and making amends with them. An apology is like putting a band-aid on a wound; it covers the source of the pain until it eventually disappears. On the other hand, making amends is the best way to reconnect with the people who have been deeply hurt due to your actions. Unfortunately, people who have made reckless decisions cannot magically undo the pain and often irreversible heartache they have caused by issuing a simple apology.

In most cases, your victim will need a much more prolific and profound interaction with you before any attempt at reconciliation can be made. However, making an honest and humble amends is an essential step toward rectifying a broken relationship. This is why The Daily Wrap Up is so crucial for keeping you aware, and you KNOW when you are acting in a way that has to be harmful to another person, and you can get yourself back to proper focus and make amends before things get too out of hand.

The Importance of making an amends is it helps to flush your system spiritually. Making amends is an integral part of personal growth and healing. It is imperative to make amends with those people whom you have wronged. Making amends with somebody you have wronged is not intended to make them like or forgive you. Making an amends is for your benefit. It would be best if you only made an amends when you genuinely understand the situation and feel a sincere call for atonement. For, it is with this momentous step that you alone can bring closure to shattered relationships. The keyword is "closure." Making an amends may not get you forgiveness, but it will bring closure, leading you to newfound freedom in your life.

Let's take a look at the various types of amends.

- **Direct Amends:** When making Direct Amends, we deal directly with the person we have harmed by taking personal responsibility for our actions. Be careful, however. Be sure to discuss this with your accountability first. Be cautious as to how you take responsibility and own your actions. Never make promises with amends. Remember, the amends are to clean your slate and not get the other person to like you again. The chances are that if a person you've harmed will forgive you, they will do so without amends. Then there are those with such pent-up resentment that nothing you can ever do will get their forgiveness. A Direct Amends might sound something like the following.

"At the time, my judgment was clouded, and I hurt you (and others if applicable). The truth is I was trying to help people because I wanted to be somebody, and instead, I hurt the exact people I was trying to help. I sincerely apologize more than I can express."

- **Indirect Amends:** is the process of showing humility to amend something that cannot be undone. For instance, if a crime in the past or some other error(s) in judgment prohibits you from directly approaching the harmed party(s) you have offended, amends can be made indirectly. Indirect Amends is made by making a lifelong commitment, for instance, to an outreach that reaches out to others who may be struggling with the same character defects and strongholds that you now recover from. The perfect example of this was St. Paul, who went from persecuting Christians to becoming one of the greatest ambassadors for Christ in history. If you've made a fearless and searching journey to The KNOW Sin Zone, you know where your life's focus needs to be.
- **Living Amends:** Forgiving yourself is critical for keeping you from guilt and shame. Finally, a Living Amends is an assurance to yourself that you have come to KNOW your strongholds and defects and have made a genuine lifestyle change. Your assurance comes from the accountability you now keep and the balanced life you currently live, including service to others stemming from those strongholds and defects. Making living amends to yourself is critical to your assurance from self-sabotage during times of living in life's valleys.

