

Release Grace Exercise

Pray to God and ask him for a fresh revelation of what restoration really looks like in light of His grace. We have two options:

Option 1: stay offended. Withhold grace and suffer from the disease of unforgiveness and all the mental, physical, emotional and spiritual pain and bondage that comes with it.

Options 2: Lament. In a brutally honest petition to God, you can choose to name the offense, count the costs, grieve the consequences, draw closer to God, and find the strength to release grace to your offender in Jesus' name. In doing so, you will find healing of your mind, body, heart and soul and your will.

1. Who offended You?
 - a. Write the name of the individual or individuals whose actions caused you to be offended.
2. What did he/she/they do?
 - a. Describe the specific actions this person took or failed to take that negatively impacted you.
3. When did it happen?
 - a. This might be a specific date, time frame or season.
4. Where did it happen?
 - a. Did the offense happen in a specific place – who else was there?
5. Why did they do it?
 - a. Try not to speculate. Stick to facts. The answer can even be that you don't know.
6. Describe the effect it had on you
 - a. Describe your pain – the direct impact this person's actions had on you and how the actions made you feel. Don't hold back
7. Own your part in it
 - a. Did you play any part in the offense? Is there any sin or lack of grace on your part in the situation? If you were the victim of abuse, write no fault. You had no part in the abuse against you, nor did you deserve it in any way. Do not accept blame for the actions of your offender.
8. What did it cost you?
 - a. Calculate what the offense has cost you. Your dignity? Your money? Your marriage? Your time? Your energy? Your relationships? Your security?
9. What will releasing grace cost you?
 - a. What will you have to give up to release grace to this person for what he or she has done? Gossiping? Story writing? Anger? Need to be right?

Lament It

1. Cry out to God.
 - a. Call to him by name and ask him to draw near
2. Share your complaint.
 - a. Tell him all about your anger, pain, heartache, or sadness. Invite him into it.
3. Affirm your trust.
 - a. Remember and list times in your past when God rally came through from you.
Acknowledge tha you believe his promises are true.
4. Ask Him for help.
 - a. Petition for what you want and ask for clarity and discernment on what God wants. Explain why you think he should intervene.
5. Name your offender.
 - a. Bring your offender before God. Let it all out. Don't hold back. No matter how raw it is, God can take it.
6. Ask for his grace.
 - a. Acknowledge that you can't extend grace to your offender without God. Ask him to reveal any sin in your own life so you can receive and release his peace.
7. Praise Him anyway.
 - a. Even in your pain even in your anger, praise God. Use "even though" and "I will" statements. – two times to praise God. When you want to and when you don't feel like it.
8. Declare your assurance in his goodness.
 - a. Thank God in advance for what he's going to do in this situation as a result of his grace released to you and through you.

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