

FIVE STEPS FOR EXPERIENCING COMFORT FROM GOD
(and Forgiving as Needed)

1. Identify something that hurts—perhaps that you are having a hard time forgiving someone for. (Consider loneliness, abandonment, abuse, neglect, unfair criticism, rejection, ridicule, etc.)

2. Express your hurt to God in prayer—tell Him about your pain:

Dear God, I feel sad about _____.

It really hurt when _____.

I feel disappointed that _____.

3. Ask Jesus these questions and wait for His responses:

—Lord, do you understand my pain? Do you understand how I was hurt by _____?

—Lord, when did you experience something like this?

—What do you feel for me about this?

4. Thank Jesus for His compassion and comfort.

Dear Lord Jesus, thank you for caring so much about me that you are moved with compassion for my pain. Thank you that you understand and that you care.

5. As needed, choose to forgive the offender.

Thank you that you forgive me all my sins when I turn to you, and you don't hold anything against me. Help me to forgive completely like you do.