

# CONFLICT RESOLUTION:

## *Confession* <sup>and</sup> *Forgiveness*

### A PATH TO RECONCILIATION & HARMONY

*Live in harmony with one another... Do not be haughty, ... Never be wise in your own sight. Repay no one evil for evil, never avenge yourselves, ... Do not be overcome by evil, but overcome evil with good. ROMANS 12:16-21*

#### Suggested Format for Experiencing Confession with God and Others

##### 1. CONFESSION:

*Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. PROVERBS 28:13*

**One of the ways I have hurt you is \_\_\_\_\_** (State specifically what you did or didn't do.)

***I was wrong to treat you this way because...***

*("I was wrong" is better than "I'm sorry" It's also good to express more about why it was wrong. Not all Hurt and wrong is sin.)*

##### 2. CARE, CONNECTION & GODLY SORROW:

***You must have felt...***

*(Express your understanding of how your wrong affected the other person; this is empathy—tuning into the other's feelings.)*

***And I feel \_\_\_\_\_ for you.***

*(See the Oneness responding responses for examples of appropriate sorrow. This is comfort and Godly sorrow!)*

*Godly sorrow brings repentance... but worldly sorrow brings death. 2 CORINTHIANS 7:10*

***I really want to make sure that I understand how I have hurt you.  
Is there anything else you would like to tell me about how I hurt you?***

*(Respond with comfort.)*

##### 3. CANCELLING THE DEBT:

***Will you forgive me?***

*(As the listener is understood and cared for and this request is presented, the listener should entrust the offense to Jesus' care, and offer forgiveness fully.)*