

Date: _____

Forgiveness Journal

Memory Verses

Love...does not take into account wrongs suffered. (1 Corinthians 13:5)

If we confess our sins He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

1. When I sinned:

2. What I did/said:

3. What I was trying to accomplish:

4. Why this was wrong:

5. What I would have done/said if I had obeyed God:

6. What scripture applies:

___ I confessed my sin to God (agreed that I hate it). Psalm 32:5

___ I prayed until I repented of sin. Proverbs 28:3, Revelation 3:19

___ I confessed my sin to the person I sinned against and asked their forgiveness. James 5:15

7. When I was sinned against:

8. How I was sinned against:

9. What response would have honored God and benefited the other person?

10. What sinful self-oriented response I was tempted to give:

11. What I did/said:

12. What sins I was tempted to remember:

a. What I thought if I chose to think about these sins:

b. What I thought about instead of thinking about these sins:
