

## Forgiveness Worksheet

Look up the following verses and write down what they have to say about forgiveness or how they relate to the topic of forgiveness.

Hebrews 9:22

---

---

Psalms 103:10-14

---

---

Matthew 5:23-24

---

---

Matthew 18:21-35

---

---

Luke 17:3-10

---

---

Colossians 2:13-14

---

---

Colossians 3:12-13

---

---

1 John 1:8-9

---

---

Use the space below to summarize what these verses say concerning biblical forgiveness:

---

---

---

---

(Turn Over)

What are the typical obstacles to the practice of Biblical forgiveness? What are the consequences when we fail to practice Biblical forgiveness?

---

---

---

---

---

What are the benefits of practicing Biblical Forgiveness?

---

---

---

---

---

Is there anyone in your life that you are currently harboring unforgiveness towards? If so, who, why, and what are you going to do about that?

---

---

---

---

---

Is there a relationship in which you need forgiveness (i.e., marriage)? If so, list at least five offenses for which you need to be forgiven for?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Is there an offense(s) in a current relationship (i.e., marriage) that you feel must be forgiven before full reconciliation can be achieved?

- 1.
- 2.
- 3.

(If you are a married couple, you should complete the front together, but each of you should complete the back of this assignment on your own and do not show your answers to one another until told to do so by your counselor.)