



# Forgiveness



“It is plain that a life which includes deep resentment leads only to futility and unhappiness.” *AA BB - How It Works, p.66*

“When harboring such feelings [resentments] we shut ourselves off from the sunlight of the Spirit.” *AA BB - How It Works, p.66*

“To err is human to forgive divine” Alexander Pope – For Today Pg. 257

If I am unable to accept the fact that people make mistakes, am I not rejecting them as human beings? Even more to the point: does my inability to accept my own failings cause me to see myself as not measuring up?

For my own peace of mind, I need to forgive even the most damaging transgressions; but forgiveness of others can only come when I have learned to forgive myself.

For Today: I pray for a forgiving heart and the willingness to let go bitterness.”

*For Today page 257*

“Here we learn about the healing power of forgiveness as we discover how to forgive ourselves and others.” *OA 12&12 pg. 67*

“We have learned that a complete willingness to make amends to ourselves and to forgive ourselves for past mistakes has been essential to our recovery.” *OA 12&12 pg 69*

Steps to forgiveness: *OA 12&12*

- *Pg 71.* Our first step toward forgiving someone, oddly enough might be to write down in black and white the reasons why we are angry with this person .....
- *Pg 72.* .... Often, after writing out our feelings, we will find it helpful to give away what we've written in some way (sponsor or fellow not involved in the situation).
- *Pg 72.* ...If we pray for the people who have wronged us, pray for them daily, asking God to bless them with all the good things we want for ourselves, we can be freed of our resentments and unforgiveness. ... will work even if we don't mean of word of what we're saying. .... sooner or later our feelings will change.



# Forgiveness



1. Resentment:

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2. What fears does it bring up?

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3. Whats my part?\_

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4. What could I have done differently?

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**Step Four Resentment Prayer:** "God, (name), is perhaps a spiritually blocked person. Whether they are or not, this resentment is blocking ME spiritually. Please help me to show (name) the same tolerance, compassion, and patience that I would cheerfully grant a sick friend. Please forgive me for being angry and enable me to stop clinging to this resentment. Please remove this resentment and show me how to take a kindly and tolerant view of (name). Please show me how I can be helpful to (name). Thy will be done!"

**(Pray this prayer for each person toward whom you have a deep resentment each morning until you know in your innermost being that each resentment has been removed. Then cross the name off the list. Continue these prayers until all names have been removed. It was my experience that this may take several weeks or months, but it works.)**

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## Sufi Prayer

(Name) Peace to Your Thoughts  
(Name) Peace to Your Feelings  
(Name) Peace to Your Body

- Say this first 3 times for yourself
- Then say it 3 times for someone you love
- Then say it 3 times for someone you might be having an issue with.
- Then say it 3 times for yourself again.

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**Daily Prayer:** I pray for a forgiving heart and the willingness to let go bitterness

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**Serenity Prayer:** "God Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."