

4 PROMISES OF FORGIVENESS

1. I will not dwell on this incident.
 2. I will not bring up this incident again and use it against you.
 3. I will not talk to others about this incident.
 4. I will not let this incident stand between us or hinder our personal relationship.
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THE SEVEN A'S OF CONFESSION FROM PEACEMAKER MINISTRIES – KEN SANDE

Admit specifically (the sin)

Avoid qualifiers (excuses/minimize, but, if, maybe)

Address all involved

Acknowledge the hurt (pain your sin caused)

Ask forgiveness

Accept the consequences

Alter your behavior (make a plan for change)