



Confession and forgiveness

Vulnerable Communicationhealing hurts

I Trust You

Hurts don't simply "go away". Time doesn't spontaneously heal resentments and "trying harder" doesn't compensate for guilt.

ALONE list ways in which I have hurt my spouse and our marriage (selfish, critical/negative, insensitive, disrespectful, verbally abusive, unsupportive, unfaithful, etc.)

CONFESS to God and receive His forgiveness. I John 1:9 – "If we confess our sins He (God) is faithful and just to forgive us and to cleanse us from all unrighteousness."

It's sobering to realize that my selfishness, or unloving attitude or my abusive words were exactly why Christ had to die for me.

- Example: God, I have deeply hurt you and my spouse by my (from item I). These are very wrong and I ask you to forgive me. Thank you for doing so and I ask you to change me into the kind of person I need to be.

TOGETHER share your lists and request forgiveness. James 5:16 "Confess your faults to one another and pray for one another that you may be healed."

- Example: I've seen that I've hurt you deeply by being (from Item I). I have been very wrong. Will you forgive me?



A Community Marriage Initiative in support of
The Marriage CoMission and Awakening America Alliance



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