

Lesson 16

AMENDS

Principle 6: Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

"Happy are the merciful." (Matthew 5:7) "Happy are the peacemakers." (Matthew 5:9)

Step 8: We made a list of all persons we had harmed and became willing to make amends to them all.

"Do to others as you would have them do to you." (Luke 6:31)

Think About It

Making your amends is the beginning of the end of your isolation from others and God. The AMENDS acrostic will help you get started.

Admit the hurt and the harm

You need to once again face the hurts, resentments, and wrongs others have caused you, or wrongs that you have caused others. Holding on to resentments not only blocks your recovery but blocks God's forgiveness in your life.

"Do not judge others, and God will not judge you; do not condemn others, and God will not condemn you; forgive others, and God will forgive you." (Luke 6:37, GNT)

Make a list

Go back to your inventory sheets. In column 1 you will find the list of people who you need to forgive. In column 5 you will find the list of people to whom you owe amends. Are there any others you need to add?

"Treat others as you want them to treat you." (Luke 6:31, TLB)

Encourage one another

Before you make your amends or offer your forgiveness to others you need to meet with your accountability partner or a sponsor. He or she will encourage you and give you a valuable objective opinion, which will ensure that your motives stay on track.

"And let us consider how we may spur one another on toward love and good deeds." (Hebrews 10:24)

Not for them

You need to approach those to whom you are offering your forgiveness or amends humbly, sincerely, and willingly. Do not offer excuses or attempt to justify your actions. Focus only on your part. Don't expect anything back.

"Love your enemies and do good to them, lend and expect nothing back." (Luke 6:35, GNT)

Do it at the right time

This step not only requires courage, good judgment, and willingness, but a careful sense of timing! It is *key* at this time to prayerfully ask Jesus Christ for His guidance and direction.

"In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." (Philippians 2:3 – 4)

Start living the promises of recovery

As we complete this principle, we will discover God's gift of true freedom from our past. We will begin to find the peace and serenity that we have long been seeking. We will become ready to embrace God's purpose for our lives.

God promises, "I will repay you for the years the locusts have eaten" (Joel 2:25).

"If it is possible, as far as it depends on you, live at peace with everyone." (Romans 12:18)

Principle 6a Prayer

Dear God, I pray for willingness — willingness to evaluate all my past and current relationships. Please show me the people who I have hurt, and help me become willing to offer my amends to them. Also, God, give me Your strength to become willing to offer forgiveness to those who have hurt me. I pray for Your perfect timing for taking the action Principle 6 calls for. I ask all these things in Your Son's name, Amen.

Write About It

1. Once again you need to admit the past hurts — what others did to you and the harm that you caused to others. Explain how holding on to your past resentments and guilt has blocked your recovery. Be specific.

[Your Response Here]

2. Next, you are ready to make your list. Use the following worksheet.

List the names of those to whom you think you owe amends to in column 1. Then list those individuals who have hurt you and who you need to forgive in column 2. Keep this chart and see how God has increased your list within the next thirty days. Also, begin praying for the willingness and God's direction for you to complete this principle.

Amends List

I OWE AMENDS TO . . .

I NEED TO FORGIVE . . .

[Your Response Here]

[Your Response Here]

3. Who do you have on your recovery support team to encourage you as you make your amends and offer your forgiveness?

SPONSOR:

[Your Response Here]

ACCOUNTABILITY PARTNERS:

[Your Response Here]

4. What does the phrase “not for them” mean to you?

[Your Response Here]

5. What does the phrase “don't expect anything back” mean to you?

[Your Response Here]

6. Timing is so important in this step. List the individuals who could be possibly injured from your making an amends to them and why.

[Your Response Here]

7. Go back to the “start living the promises” section of amends. List some of the promises of recovery that are coming true in your life!

[Your Response Here]