

The Heart of Step Eight

Step 8 is about preparing our hearts for healing — both ours and others.

“If it is possible, as far as it depends on you, live at peace with everyone.”

Romans 12:18

Step 8 is not about action yet — it is about willingness.

It is the quiet readiness that says:
“God, prepare me to make things right.”

Reflection:

- Who comes to mind when you think of harm you’ve caused?
- What fears arise when you consider making amends?
- What would willingness look like today?

Prayer

God, give me courage.

*Where I feel shame, cover me with
Your grace.*

*Where I feel fear, strengthen my
heart.*

*Where I feel overwhelmed, guide my
steps.*

*Make me willing to repair what I have
broken.*

*In Jesus name I pray,
Amen.*

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STEP EIGHT

WILLINGNESS TO MAKE AMENDS

“Made a list of all persons we had harmed and became willing to make amends to them all.”

Key Scripture:

²³ “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you,
²⁴ leave your gift there in front of the altar.
First go and be reconciled to them; then come and offer your gift.

Matthew 5:23-24

¹⁸ *If it is possible, as far as it depends on you, live at peace with everyone.*

Romans 12:18

¹³ *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

Colossians 3:13

A simple guide to understanding Step 8 through the lens of honesty, courage, and relational healing.

1. Becoming Willing to Repair Harm

Step 8 is the bridge between awareness and action.

It invites us to face the truth with courage and grace.

Becoming willing means:

- Acknowledging the harm we've caused.
- Letting go of excuses and blame.
- Trusting God to guide the process.
- Preparing our hearts for reconciliation.

Key Idea:

Willingness opens the door to healing.

Self Inventory:

Check any that apply:

- I feel shame about past harm.
- I fear rejection or anger.
- I want to avoid certain people.
- I doubt reconciliation is possible.
- I want to be willing – even if afraid.

Reflection:

- Who is God bringing to mind.
- What would willingness look like today.

2. God's Heart for Reconciliation

"First go and be reconciled to them."

Matthew 5:24

God desires peace, healing, and restored relationships.

He leads us gently toward repair.

Key Idea:

God prepares the heart before He guides the steps.

Scripture Engagement:

Read Matthew 5:21–26 and Colossians 3:12–15. Underline any words that speak to forgiveness and reconciliation.

Reflection:

- Where do you sense God inviting you toward peace?
- What healing do you long for in your relationships?

3. Preparing for Step Nine

Step 8 is not about making amends – it is about readiness.

Willingness looks like:

- Being honest about the harm done.
- Trusting God with the outcome.
- Letting go of fear and pride.
- Being open to God's timing.
- Preparing your heart for Step 9.

Key Idea:

Willingness is the doorway to relational healing.

Willingness Inventory:

Rate 1–5:

- ___ I am willing to make amends.
- ___ I trust God to guide the process.
- ___ I believe reconciliation is possible.
- ___ I am open to God's timing.
- ___ I desire peace more than avoidance.

Reflection:

- What fears do you need to bring to God?
- What step of willingness can you take today?
- Who can support you in this process?