



The  
**Cornerstone  
to Recovery**  
Show

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**EPISODE 8**

**FORGIVEN PEOPLE FORGIVE**

<sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12:18



## HIS WORD TODAY – EPISODE 8 WORKBOOK

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

**Key Scripture:** Colossians 3:13

Supporting Scriptures: Matthew 5:23–24 • Romans 12:18

### THE HEART OF STEP 8

Step 8 is not about making amends yet.

It is about willingness —

the quiet, courageous readiness to let God soften our hearts toward the people we’ve harmed and the people who have harmed us.

Colossians 3:13 anchors this step:

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

**Key Idea:** We build willingness on the forgiveness we’ve already received.

#### Reflection:

- What emotions rise when you think about your Step 8 list?

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- Which names feel heavy, painful, or complicated?

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## 1. FORGIVEN PEOPLE FORGIVE

Paul begins with:

“Bear with each other.”

That means we make room for people’s humanity.

We acknowledge that others are imperfect just like we are.

Relationships are messy:

- People hurt us.
- We hurt them.
- Sometimes unintentionally.
- Sometimes deeply.

Then Paul says:

“Forgive one another... as the Lord forgave you.”

We don’t build willingness on guilt or pressure.

We build it on the forgiveness we’ve already received.

**Key Idea:** Remembering God’s patience softens our hearts toward others.

### Reflection:

- How has God been patient with you?

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- Where have you received grace you didn’t deserve?

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## 2. JESUS CALLS US TO SEEK PEACE FIRST

Matthew 5:23–24 teaches us that reconciliation matters so much that Jesus places it before worship.

- Before the song.
- Before the offering.
- Before the prayer.

Jesus says:

“Pause. Remember. Go make it right.”

- Not to shame us —
- but to free us.

Unresolved harm weighs down the soul.

Bitterness chokes out spiritual life.

Avoidance keeps us stuck.

**Key Idea:** God wants to free us from the weight of unresolved harm.

### Reflection:

- What unresolved harm has been weighing on you?

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- What relationships come to mind when you read Matthew 5:23–24?

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- What would freedom look like in those places?

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### 3. “AS FAR AS IT DEPENDS ON YOU” — OUR PART, NOT THEIRS

Romans 12:18 brings balance:

<sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone.

We are responsible for our part, not theirs.

We cannot control:

- Their response
- Their readiness
- Their healing
- Their timeline

But we can cultivate willingness.

We can prepare our hearts.

We can pray over each name.

We can release resentment.

**Key Idea:** Step 8 is about willingness, not outcomes.

#### Reflection:

- What outcomes have you been trying to control?

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- Where do you need to release expectations?

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- What does “as far as it depends on you” mean today

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## 4. STEP 8 IS WHERE GOD UNTANGLES THE KNOTS

Step 8 is often misunderstood.

- It is not about picking up the phone or knocking on a door.
- It is about letting God prepare the soil of your heart.

Step 8 invites us to:

- Look honestly at the harm we've caused
- Pray over each name
- Release resentment
- Invite God into the process
- Trust His pace

Willingness doesn't always come quickly.

- Sometimes God grows it slowly.
- Sometimes He works on one name at a time.
- Sometimes He heals our hearts before He ever asks us to speak a word.

**Key Idea:** Every name on your list is a place where God wants to bring healing.

### Reflection:

- Which names feel hardest to pray over?

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- What knots do you feel inside when you think about them?

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- Where do you sense God beginning to soften your heart?

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## 5. FORGIVENESS IS NOT EXCUSING — IT IS RELEASING

When we forgive as the Lord forgave us, we are not:

- Excusing the harm
- Minimizing the pain
- Minimizing the pain
- Pretending it didn't matter

We are:

- Releasing the weight
- Letting God be the healer
- Choosing peace over pride
- Choosing grace over fear
- Choosing honesty over avoidance

**Key Idea:** Forgiveness frees the forgiver.

### Reflection:

- What resentment or bitterness do you need to release?

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- What would emotional freedom feel like?

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- Where do you need God's healing touch?

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ONE ACTION FOR TODAY:

Take your Step 8 list and pray this simple prayer over each name:

“Lord, make my heart willing.”

Not ready for the amends —

just willing.

GROUP DISCUSSION QUESTIONS:

1. What part of Step 8 feels most challenging?

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2. How does Colossians 3:13 shape your understanding of forgiveness?

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3. What names on your list bring up fear, shame, or resistance?

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4. How does “as far as it depends on you” bring freedom?

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5. What does willingness look like for you today?

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**PRACTICAL NEXT STEPS:**

- Pray over each name on your Step 8 list.
- Release one resentment this week.
- Share your Step 8 reflections with a trusted believer
- Read Colossians 3:13 daily
- Ask God for willingness, not readiness

**CLOSING PRAYER:**

Father, thank You for the forgiveness You have given me.

Soften my heart toward every person on my Step 8 list.

Make me willing to forgive, willing to release, willing to walk in peace.

Heal the knots inside me.

Prepare me for the work ahead.

As You have forgiven me, help me forgive others.

Amen.