

# Face Your Own Goliath - Amends Guidelines

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1. **Amends:** (Bible Index Study Topics: Reconciliation & Restitution.) These guidelines address the combination of “Leveling Out” and “Setting Matters Straight” found in Face Your Own Goliath. This process is about Freedom first and foremost: freedom from the past, freedom from unaddressed hurt and pain, freedom from the bondage of guilt and shame, freedom to look others in the eye knowing that you have done all that you can to set matters straight. You can learn to be sensible, humble tactful, considerate, and, without being servile or scraping. You are taking responsibility for your actions in a very real, tangible, and effective way. This is the time when many experience a sense of release that has been unknown before. It is IMPERATIVE that this process be carried through to completion.
  - a. **Beware the tendency to procrastinate** in doing amends. It will raise its ugly head.
  - b. **Question 2: Make the List; use the Amends Sheet** developed for this purpose. It is completed the same way as all previous worksheets, column by column. Write a prayer at the top of each sheet.
    1. **Begin with Column 1:** List the names. Refer to Column 1 of Part 3, and Column 1 of Part 1 of the Inventory. Add any other names that God brings to mind. When complete, proceed to Column 2.
    2. **Column 2:** Write a brief description of your actions that created, as you understand the situation, hurt or damage to the person listed. The need is to write enough to jog the memory when actually making the amends. Be clear about what specific hurt or damage was created for each specific action or event. When complete, proceed to Column 3.
    3. **Column 3:** Here, the objective is to evaluate if making a direct, face to face, amend will clearly create additional harm or hurt to the other person. Harm to your self is NOT what is under consideration, only harm to others. It is important to note here that this will be an enticing pathway to avoid uncomfortable amends. However, the point is not your discomfort, but rather the potential to further harm someone that you have already harmed in some substantive way. Discuss each situation that may fit the criteria of creating harm. Clearly evaluate each one for accuracy in your thought process. There are generally few circumstances when direct amends meet this test. An example of creating harm might be: Making amends to a married person with whom you have had an affair that is unknown to that person’s spouse, creating an enormously difficult and potentially devastating situation for them both. At this point, you are simply evaluating each situation in preparation for making the actual amend. When Column 3 is completed, the list is ready for the actual amends making process.
    4. **Column 4:** Column 4 is to be completed as the amends are made. More on this later.
  - c. **Now, it is time to make amends.** Following is an outline of the process and some general guidelines.
    1. **Amend process format:**

- A. **Identify the Amends to make first**, second, etc. Prioritize your List. Determine who will be face to face, who may get letters (out of town, dead, unable to locate, etc), and who will be harmed and will not be contacted. Seek God for the order. He will orchestrate the meetings if you are willing.
- B. **Direct (face to face) Amends:** Contact the person and request 15 – 20 minutes of their time. When you meet with the person, the following format is suggested for use:
  - 1.1 Indicate that; “I have spent some time evaluating my relationships. As a result of that evaluation, I have come to believe that I have harmed you.”
  - 1.2 State the specific way that you believe you have harmed them: “I believe I harmed you by (fill in the blank).” Note: Go through this process for each specific harm or damage.
  - 1.3 When you have stated the harm you believe you have done, pause, and then ask the person to whom you are making amends “How do you think I harmed you?”
  - 1.4 Be quiet and listen. Do not respond except to respectfully acknowledge what they have to say. Often, what you think the harm is, and what they think it is will be markedly different. There may be much to learn about your self-centered view of the world in such cases! NOTE: What they think the harm is, is what the harm is, regardless of what you think.
  - 1.5 When they have finished speaking and you have acknowledged, ask them “Will you forgive me?” (See the General Guidelines for exceptions) Whatever their answer is, “Yes, NO, Never, maybe”, accept it gracefully. NOTE: This request does two things: 1.) It is an honest, humble, and clear admission that you recognize that you have truly hurt them; and 2.) It opens the door for the other person to express forgiveness and be relieved of whatever burden that they may have been carrying. Whatever the outcome, you can depart knowing that you have done your part.
  - 1.6 Now, ask “What can I do to make it right?” Then, be quiet and listen. Column 4 of the worksheet is provided as a place to note what they say to ensure that it is not forgotten. Whatever they say is what you do (exceptions are noted in the General Guidelines which follow).
  - 1.7 Thank them for their time and depart.

## 2. Amend General Guidelines:

- 1.1 Do not debate, justify yourself, defend yourself, explain yourself, or otherwise engage in activity that rationalizes your existence. Do not evangelize or use this as an occasion to divert from **your purpose of making things right.**
- 1.2 Never attempt to tell them what they should do or discuss their faults.
- 1.3 This is about your part, not their part. Stay focused.
- 1.4 Go through the format for each specific hurt. Do not lump hurts together.

- 1.5 Do amends to each individual by themselves. DO NOT do joint amends (more than one person or couples together). Individuals are hurt, even if the situation that generated the hurt involved several parties.
- 1.6 Start with the more difficult amends first. This will ultimately speed the process along and lessen the temptation to procrastinate.
- 1.7 GO to whatever lengths are necessary. Travel if you must.
- 1.8 Respecting the “Forgiveness question”: Allow the Holy Spirit to guide you. This is not an open invitation for someone to unload on you.
- 1.9 “What can I do to make it right?” question: You do not have to agree to do anything illegal, immoral, be manipulated, or do something that violates your personhood. You do not have to agree that their request is appropriate. That being said, unless their answer meets the above criteria, do as they request, as that is how you can make it right.
- 1.10 Remember, you are not in charge of the outcome; God is. You are responsible for the input: being willing to make amends, and actually doing it.
- 1.11 Letters: Letters may be used if there is no other feasible way to contact the person. Follow the suggested amends format in the letter.
- 1.12 In the case of: Persons who are deceased, you are unable to contact someone, and “More Harm;” write a letter, read it to your sponsor, then get alone with God and read it to Him. You are to listen for what God may have to say about how to make it right. Then, burn, shred, or otherwise irrevocably dispose of the letters.
- 1.13 DO NOT STOP TILL ALL THE AMENDS ARE COMPLETED.
- 1.14 Congratulations, you are done with Step 9!