

LOVE & FORGIVENESS CHECKLIST

The Divine Blueprint for Love & Forgiveness

"My mind is clear and my heart is bright, I start this week in the Creator's light."

Phase 1: Vertical Alignment (Love as Law)

☐ **Connect to the Power Source (Agape Check)**

Acknowledge that true love is not a feeling, but the "spiritual gravity" of the Kingdom. Ask: "Am I trying to manufacture love from my own limited patience, or am I tapping into the Divine nature?"

☐ **Mirror the Creator (The Sacrificial Choice)**

Love is an intentional act of the will. Identify one situation today where you can seek the "highest good" of another, even at a personal cost of time, pride, or comfort.

Phase 2: Horizontal Alignment (Radical Forgiveness)

☐ **Cancel the Debt (Stop the Strategy Sessions)**

Identify any "mental arguments" where you are seeking personal vengeance or "winning." Formally release the debt, choosing to trust God's justice over your own desire to settle the score.

☐ **Differentiate Forgiveness from Healing**

Accept that forgiveness is a legal decision (releasing the person), while healing is a process. Don't let a lingering "hurt" convince you that you haven't truly forgiven. Stick to the choice.

Phase 3: Tactical Readiness (Spiritual Warfare)

☐ **The Shield of Stillness (Silence the Ego)**

In the face of a trial, maintain aposture of trust. Refuse to let temporary circumstances dictate your eternal outlook. Use silence to disarm the enemy's attempts to sow discord and pride.

☐ **Clear the Channel (Vessel Maintenance)**

Search for any "cracks" of bitterness. By clearing away the debris of resentment, you ensure the Holy Spirit has an open channel to flow wisdom and intuition into your day.

"May the source of love, light my way, stay with my soul and guide me each day."

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