

From “The Sermon On The Mount” by Emmet Fox, 1934

1. Method of Forgiving as applied to the A.A. 4th Step
Repeat Prayer...

God, I fully and freely forgive (NAME), I loose (NAME) and let (NAME) go. I completely forgive the whole resentment in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the Christ within me. (NAME) is free now, and I am free too. I wish (NAME) well in every phase of (NAME) life. That incident is finished. The Christ Truth has set us both free. I thank God.

- “The Sermon On The Mount” by Emmet Fox, 1934

2. Get up and go about your business (i.e. the next person in list one of your Step Four)
3. Don't repeat this act of forgiveness, because you have done it once and for all, and to do it again is to repudiate your own prayer.
4. Whenever you have a memory of the offender or the offense come to mind, bless the person briefly, dismiss it, and do this however many times the thought may come back.

