

The Release Ceremony (Activation)

Purpose

To physically and spiritually release the weight of unforgiveness.

Step 1: Identify Your Weight (Do separately)

Each PARTNER writes on a piece of paper:

- A memory
- A resentment
- A repeated hurt
- A disappointment

Just ONE.

We're not emptying the whole vault this week.

Step 2: Name It Out Loud (Do together)

One at time, each partner says:

"This has weighed on me ... (name the weight)."

"I don't want to carry it anymore."

Step 3: The Release

Tear the paper.

Drop it in a trash can, bowl, or basket.

Then each says to the other:

"I release this to God. I am no longer holding you hostage. I am choosing freedom."

Connection Reset - Hold hands for 20 seconds in silence while breathing deeply. This resets your nervous systems and reconnects you physically.

Step 4: This Week's Heart Work

Flows into:

- Reading chapters 7-9
- Forgiveness Inventory
- Forgiveness Letter