

FORGIVENESS

PRAYER OF FORGIVENESS

Dear Heavenly Father. I thank you for the riches of your kindness, forbearance and patience; knowing that your kindness has led me to repentance. I confess that I have not extended that same patience and kindness toward others who have offended me. But instead, I have harbored bitterness and resentment. I pray that during this time of self examination you would bring to my mind those people that I have not forgiven in order that I may do so. I ask this in the Precious Name of Jesus. Amen.

FORGIVENESS CHECKLIST

Use the space below to list the specific people you need to forgive and the specific hurts you had from them. Here are some categories of people you may need to forgive:

Parents, Siblings, Other Family Members - uncles, aunts, cousins, grandparents; Friends, Romantic relationships, Teachers, Pastors or Spiritual Leaders, Employers, Business Partners, Medical Doctors, Police, The Government, Other Races, Other Groups, Other Religions, Enemies, God, Yourself, Anyone who has hurt you, Anyone you hate or hold a grudge against.

Example: Mom called me stupid and clumsy in front of two friends when I was 9. I wanted to die. I felt so ashamed and humiliated. I thought I must really be a worthless person.

For if you forgive men when they sin against you, your heavenly Father will also forgive you.
But if you do not forgive men their sins, your Father will not forgive your sins.

Matthew 6:14-15