

# Forgiveness List

Take your time as you allow the Lord to reveal any areas in your life that need forgiveness and reconciliation. Use the spaces given below to write down the names of those whom you need to forgive, or offenses you need to be forgiven of.

## Forgiving Those Who Hurt You

Write down the names of those who have hurt you, rejected you, abused their authority in your life, abandoned you, etc.

## Offenses For Which You Need to be Forgiven

Write down the names of those whom you have wounded, or sins that you have committed.

## Forgiving God

When you may have wrongly blamed God for childlessness, singleness, disease, abuse, etc.

## Forgiving Yourself

List the things you need to forgive yourself for (unmet expectations, things that you dislike or hate about yourself, etc.)

# Forgiveness prayers

## Forgiving those who hurt you

Heavenly Father, Thank you for sending Your Son, Jesus, to die on the cross so I might be forgiven. Now, I choose to forgive all those who have ever hurt me. (Name the people you need to forgive.) I release these people into the freedom of my forgiveness and I release them from my judgment. In Jesus' name, Amen.

## What to do if you need to be forgiven

You may need to write a letter or ask God to forgive you if the person died.

Heavenly Father, I come in Jesus' name, to ask you to help me approach any person I have sinned against, to ask forgiveness of my past wrongdoing. Please give me the humility and the strength to do this in a way that honors You. Help me to do this with love and to speak blessings into their life. In Jesus' Name, Amen.

## Forgiving God

When you have wrongly blamed God for childlessness, singleness, disease, abuse...

Heavenly Father, I confess that I have blamed You for things that are not Your responsibility...(be specific). I recognize this to be sin and I ask You to forgive me. I know that Your desire for me is to be happy and blessed. Thank You for loving me and promising to set me free. In Jesus' name, Amen.

## Forgiving yourself

Father, forgive me for the things that I have done wrong...(be specific).

I now choose to forgive myself for these things and I now release myself from my own judgment. In Jesus' name, Amen.