FORGIVE OTHERS WHO HAVE HURT YOU

I thank you, Lord Jesus, for dying that I might be forgiven. I confess that, because of being hurt, I have allowed myself to hold anger, resentment, bitterness and unforgiveness in my heart against others. I acknowledge this as sin, and I now repent and turn from these behaviors and attitudes. Jesus, as you have forgiven me, when I really haven't deserved it, I choose by an act of my will to forgive all the people who I think have wronged me, have offended me, hurt me, lied to me or disappointed me and those whom I am angry with and can't stand to be around. I forgive them even though they don't deserve it. As you have done this for me, I do it for them.

[**PAUSE** - Name all the people you need to forgive. You can whisper or say aloud or to yourself the names...ALL of them you can recall. Ask Holy Spirit to bring to your mind names you may have forgotten who need to be forgiven. It doesn't mean what they did to you was right. It just means you are forgiving them so that you can be forgiven by the Lord.] Lord, I forgive them all now. I release each one of these people into the freedom of my forgiveness. Thank You Lord Jesus. Amen.

FORGIVE YOURSELF

Jesus, since you have forgiven me, and I know that you have, I choose to forgive myself. I put aside all the things that have happened including things that I think I should have done or didn't do. I know I'm forgiven... my sin is not even remembered by You anymore. I know that the Father sent His son to the cross just for me. He forgives all my sin. Since he did all that, I forgive myself. So, I do it. I forgive myself. It's done. It's behind me. [**PAUSE:** Take some time here and sincerely forgive yourself.

Thank you, Jesus, for this free gift that washes that sin away. It is not of works but it is a free gift by grace, how awesome you are Lord. I place my faith in You, Jesus, to cleanse me by the blood of Jesus. I am righteous and holy before God because of the blood of Jesus. Thank you for washing my sin away. As the scriptures say, you don't even remember my sin anymore. It's all gone... it's a free gift... thank you, Jesus. I receive my forgiveness now.

FORGIVE GOD

Father God, if I have blamed You for things that have happened, I'm sorry, forgive me for breaking your heart and causing You pain. I am still learning that it is Satan who comes to steal, kill and destroy, but that you have come, Jesus, that I might have life, abundant life (See John 10:10) and blessing. I choose you, Jesus, life, and blessings.

Inner Healing

If my heart's been broken, I forgive the one who has done this. Holy Spirit, I ask that you wash my broken heart now, with the precious blood of Jesus... cleansing it, mending it, healing it, making my heart new again. I receive a new heart and a new start. And if I carry bags of bruises, and hurts, and emotional pain, I don't want the load of them anymore. Jesus, I cast my cares upon you. I'm taking this load, all these hurts, emotional pain, all these bags of bruises, I'm pulling them out, Holy Spirit, with my spiritual hand, I'm giving them to you. [Just take your hand, pull them out and hand them up to Jesus. He's ready to take them if you'll give them to Him.] Thank you, Jesus. Thank you, Father God, for taking them. Thank you, Jesus. Thank you, Holy Spirit. Jesus, you're stronger than I am. Thank you that you're there.

Holy Spirit, I've already forgiven all the people that I think have wronged me or offended me. But if there's any resentment, bitterness, emotional pain, rejection, feelings of betrayal, neglect, abandonment... show me who that's with. I'll be obedient. I'll release them to you, Jesus. I choose to forgive them, based on Your Word I release the grace of God in my life. And I choose to forgive all those who offend me in the future. I will have a clear conscience.