

Forgiveness

Find a quiet place to get alone with God. Pray that He will quiet your heart and give you ears to hear Him and a heart to obey. Then ask the Holy Spirit to bring to mind the specific people you need to forgive--those who have offended and hurt you.

With pen and paper in hand, ask the Lord to help you write down every specific way they have hurt you. Try to be specific, and write all the offenses/hurts down as He leads you. It's important not to rush and practice listening to the Holy Spirit. There may be tears in this process. You can picture your loving Lord right there holding you and ministering to your heart.

After you have written down everything you can think of, meditate on Ephesians 4:32 b: "...forgive one another as God in Christ forgave you."

Ask God to give you His grace to forgive, as He has so graciously forgiven you in Christ Jesus. Forgiveness is not a feeling but an act of the will. You can pray in your own words or a prayer like this:

Heavenly Father, I choose to forgive _____ (person) for
_____ (what they did)

(It helps to read each offense outloud that you wrote down)

I cancel all their debt to me and release it to you now, in Jesus name.

By faith, I forgive _____ as God in Christ has forgiven me.

I release all pain and bitterness to You, and ask You to heal my heart.

In Jesus name. Amen.

Then take a marker (red marker if you have one) and "cross out" all of the offenses you wrote down on your list. It serves as a picture of what has just happened spiritually. May the Lord bring you a deeper level of freedom and healing as you seek to forgive others in Christ!