

THE 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

List the specific people you need to forgive and the specific hurts you had from them.

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.

Parents

Siblings

Other Family Members - uncles, aunts, cousins, grandparents

Spouse (if you are married)

Children (if you are a parent)

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.

Matthew 6:14-15

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.