

PRAYER OF FORGIVENESS

LORD, I release _____ to You. I cannot judge rightly or justly. Only You know the full story. I trust You to bring just consequences for his/her actions and to transform him/her. **[If applicable:** I desperately want _____ to suffer the consequences for his/her actions, but] I remember that out of Your great love for him/her, You suffered the consequences for him/her on the cross and rose to life again so he/she could walk in freedom. Please forgive me for my desire to interfere with Your promise to be the just judge, desiring to do myself what only You have the authority to do.

I forgive _____ for _____
(be very specific) and for the resulting emotional pain I felt because of what he/she did, because it made me feel _____, _____, _____, and _____ as a result.

(Share verbally every hurt, pain, and feeling the Lord brings to mind. Do not minimize your reaction to what happened. As you do, He will be working to heal your damaged emotions and set you free from the enemy's bondage.)

Thank You Jesus for bearing the full weight of _____'s sin on the cross. I choose to bear the effects of his / her sin with gratitude for the restoration Christ brings and a desire for the world to be fully restored to Your intentions. I will bear the effects of _____'s sin with a spirit of forgiveness that brings freedom rather than a spirit of bitterness that brings bondage.

Lord, please reveal to my mind any lies I have believed because of this hurt.
(Wait to hear any lies your Savior reveals to you. You may need the help of a sister/brother in Christ).

I renounce the lie(s) that _____ because of what happened and announce the truth that _____, by Your grace.
(use Scripture if possible)

IF APPLICABLE: Lord, please forgive me for _____. Thank You for forgiving me, Lord.
(your part in the situation)

Continue using the above model for every hurt caused by this particular person. After forgiving him/her for every hurt the Lord brought to your mind, continue with the following:

* I now release _____ to You, Lord, and give up my right to revenge / hold a grudge.

Please forgive me for not having forgiven _____, for holding onto these hurts and becoming bitter. Lord, please take back all the ground I gave to Satan by clinging to anger, bitterness, hurt, hate and _____.

Lord, I repent of participating with a spirit of bitterness and unforgiveness and I take full responsibility for doing so. I repent on behalf of my generation, past generations, and generations to come. I ask You to forgive me and release me from all spiritual bondage I put myself in through my participation. Thank you, Lord, for forgiving me. I choose not to hold onto my bitterness and anger. I ask you, Lord, to heal my heart and my damaged emotions. Thank You, Father, for working forgiveness in my heart, spirit, soul, mind, will, and emotions.

IF APPLICABLE: Lord, please forgive me for _____. Thank You for forgiving me, Lord. (your part in the situation)

Lord, I ask You to cut any physical, spiritual, mental, or emotional bonds that are not of You between _____ and myself, and myself and _____. Please completely cut these ungodly bonds and make them unable to ever grow back.

If applicable: In addition, please remove any of my soul or spirit from _____'s that intermingled with his/hers in an ungodly way and return it to me, and remove from me any of _____'s soul or spirit that intermingled with my soul or spirit in an ungodly way and return it to him/her, keeping our souls and spirits as You desire.

Lord, I ask that You would only allow bonds that glorify You between us from this moment forward.

Please help me to see _____ with Your eyes, Lord. Please show me a way to praise You for who this person is. I praise You for _____.
(something about who the person is)

I now pray that You would _____. In Jesus name I pray. Amen.
(pray a blessing for the person)