

FORGIVING OFFENSES

BY WHOM (*Father God, I purpose and chose as an act of my will to forgive ____from my heart for the...*)

THE INCIDENT OR PATTERN(S) OF INCIDENTS DONE

WHAT WERE THE WORDS SAID (*I choose to forgive ____from my heart for the words...*)

(*Father, I forgive ____*)

WHAT WERE THE ACTIONS DONE (*I choose to forgive ____from my heart for the actions of...*)

(*Father, I forgive ____*)

WHAT WERE YOUR PHYSICAL SENSATIONS (*I choose to forgive ____from my heart for the physical memories of...*)

(*Father, I forgive ____*)

WHAT WERE THE SOUNDS AND MOTIONS YOU MADE (*I choose to forgive ____from my heart for the sounds and motions I made of...*)

(*Father, I forgive ____*)

WHAT WERE YOUR FEELINGS, THOUGHTS, BELIEFS THAT WENT WITH THE WORDS AND ACTIONS DONE

(*I choose to forgive ____from my heart for the emotions, thoughts and believes I had of...*)

(*Father, I forgive ____*)

WHAT WOULD YOU LIKE TO HEAR SAID NOW,

OR SEE DONE,

OR HAVE THEM TO KNOW NOW

(*Father, I forgive ____*)

Father, I release ____ from all debt, obligation and responsibility to me concerning all these offenses. I leave judgment to the Lord. It is not my place. I am not ____ judge and I am not God.

Holy Spirit please heal my heart, mind, emotions and body. Holy Spirit please apply the blood of Jesus to every bad memory. Wash every sight, sound, smell, taste and feeling of bad memories--wash them, cleanse them, heal them. Take away the pain.

Father, may all the devices of the enemy that have kept me trapped in any form of unforgiveness, bitterness, abandonment, pain and shame--leave now. By the power of the life, death, and resurrection of your Son Jesus Christ I can now say to the enemy, "Leave and never come back."

I have forgiven from my heart. It is clear and clean.

Holy Spirit, please speak your words of truth to me concerning all these things. AMEN