

FREEDOM THROUGH FORGIVENESS TOOL

This tool is aimed at helping you bring your heart before the Lord, asking the Holy Spirit to search your heart to see if there is any unforgiveness, offenses, areas of hurt or hardness of heart towards others that Jesus wants to heal or remove. This is not a tool to find fault but to show love towards God and others, by choosing to remove things that could be blocking you from freedom in Christ and letting God's kindness flow towards these people and others. We believe the best way to do this is confidentially and make time to be alone with the Lord, asking him to help you identify hurts. It is best to assume you probably will have more offenses than you realize. Expect to identify areas even in your closest relationships. This will lead you to be able to love them more and have more freedom in your relationships.

We encourage you to start the list with your family and those currently closest to you. You may need more paper than this form allows but this will get you started. When you finish the list, we recommend these steps.

1. Confess and admit that you have an issue with this person and ask God to forgive you for any way you have held a grudge or acted unkindly as a result. We don't justify their behavior but we do need to confess our sinful reactions to their behaviors.
2. Name the specific wrong that was done to you or the hurt you feel. Say before God that you forgive the person for the specific wrong. Nail the hurt to the cross and ask Jesus to remove that from their record and from causing you pain.
3. Ask Jesus to forgive them, through you. Ask Jesus to show you what He wants to give you in place of that hurt (restoration, peace, healing...).
4. Make a declaration. Declare that you have forgiven them and as a result what was meant by Satan to harm, hurt, and destroy you, Jesus is completely reversing. Declare that God is going to turn that negative into a positive, that wrong into an opportunity for God to do something that will bring Him glory and be a blessing to you and others.
5. Specifically pray for the blessing of those who wronged you.
6. Realizing that bad feelings may return, from this point forward, you will choose to stand in the forgiveness you gave. You will continue to reaffirm your forgiveness until the poison of that memory is gone.

Tool: Fill in the blank:

I choose to forgive _____ for _____

I choose to forgive _____ for _____

I choose to forgive _____ for _____

Continue using this phrase as many times as needed.