

Forgiveness List

This tool assists us in identifying our past or current pain. Mark what applies to you or fill in your own.

What is a Forgiveness List?

A Forgiveness List is a tool that is used to identify past or present hurt that has been experienced for the purpose of choosing to forgive the offense and the offender. This process allows the redemptive power of Jesus Christ to begin to heal our hearts.

The goal is to clear our heart of unprocessed or suppressed hurt that is causing our heart to become hard or fueling destructive behaviors and emotions. When our heart is clear, we can more freely receive the Father's love and love others through His love.

Scriptures

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

Galatians 5:1

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Matthew 5:23-24

Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Matthew 6:14-15

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

Luke 23:34

Jesus said, "Father, forgive them, for they do not know what they are doing."

Step 1 Identify the Offender, the Offense, and How It Made You Feel

Start this time by inviting the Holy Spirit in and asking Him to show you what names need to be listed. Allow the Holy Spirit to guide you on what memories to write down. This is a great way to grow closer to your Heavenly Father and trust Him with your heart.

In your journal, write down:

- The name of the person who hurt you
- The hurt caused by that person or the memories experienced
- How it made or makes you feel (See Hurt Feelings List for help in identifying the emotions).

Note the following:

- You may be the offender by choices you have made that caused yourself or others hurt and pain.
- If you are upset at God, it is important to write that out here as well. He is a loving Father and can handle your feelings.

Continue this process until you cannot think of anything else that is currently causing you pain or affecting your present.

Step 2 Pray the Forgiveness Prayer(s)

In a quiet moment of surrender, take your list and pray!

Remember to feel the pain and surrender it to the Cross. These prayers are not just words, but a recognition of the hurt and a willingness to forgive. As you are praying, picture Jesus and remember his act of forgiveness on the cross.

It is also important to repent within this prayer and ask for forgiveness because you now see how this has been affecting your heart.

Feel free to use your own words. These prayers are designed to be a guide. It is your faith and willingness to be healed that will make all of the difference. Let the Holy Spirit direct you and use the prayers below to guide you.

Pray this over and over for every individual and every area of pain you may feel.

Prayer to Forgive Others

“Heavenly Father, I humbly come before you as your (SON/DAUGHTER). I thank you for forgiving me every time that I have hurt you. You see where my heart is hurt and just as you have forgiven me, I choose to forgive (WHO HURT ME) for (WHAT THEY DID TO HURT ME) because it made me feel (HOW IT MADE ME FEEL – list these feelings until you can’t think of anything else). But I choose to forgive them for all of it. Clear my heart of this hurt. Father, please forgive me for allowing these hurts and pain to affect me and those around me. I see that holding onto this hurt and pain is not what you want for me. So, I ask you to put back in my heart what the enemy stole from me. Put back (ex: love, joy, peace, kindness, gentleness, self-control, trust, thankfulness, worth, etc.). Heavenly Father, just as you have loved me and have forgiven me and give me blessings that I don’t deserve, I not only forgive (NAME), but I choose to love (HIM/HER) unconditionally from my heart. I pray that you would bless (HIM/HER) and if you ask me to, I will show love and blessing to (NAME). Amen.”

Prayer to Forgive Yourself

“Heavenly Father, I humbly come before you as your (SON/DAUGHTER). I thank you for sending Jesus to die on the cross for me. I see how much He sacrificed for me. Father, you see where I am right now. I am in a place of pain that feels like my own doing. You see where I (LIST WHAT YOU DID OR DID NOT DO). When I think about this, it makes me feel (ex: guilty, shameful, frustrated, sad, depressed, stupid, embarrassed, weak, etc). I know you do not want me to live with this in my heart. So, I choose to forgive myself and receive the forgiveness that Jesus sacrificed for me. I will not hold onto it. I will not allow the enemy to keep me in bondage over this anymore. I choose to let go. I plead the blood of Jesus over my life. Now, I pray that you would put back in my heart what I need from you (ex: hope, love, confidence, value, joy, peace, etc). I receive your healing in Jesus’ Name, Amen!”

Prayer to Forgive God (repent of your expectations of Him)

“Heavenly Father, I humbly come before you as your (SON/DAUGHTER). You see where my heart is hurt and as I’ve slowed down, I now see that it is you I am hurt with. So, I choose to forgive you, Father, for (LIST WHAT YOU EXPECTED GOD TO DO FOR YOU) because it made me feel (HOW IT MADE ME FEEL – list these feelings until you cannot think of anything else). But more than forgiving you, I ask you to forgive me for my expectations of you. I am sorry for thinking that I knew what was best. I am sorry for not trusting you or seeing your ways as good. Please forgive me for (LIST HOW YOU REACTED WHEN YOU WERE HURT BY GOD – ex: being angry, bitter, hard-hearted, running from you). I want to be close to you. I want to be back in right relationship with you. I love you Father. Now, I pray that you would put back in my heart what I have needed from you all along. Put back (ex: hope, love, confidence, value, joy, peace, etc). I receive your healing in Jesus’ Name, Amen!”

Step 3 Repeat

Many hurts that have been there for a long time will require daily forgiveness. So, continue to walk through the prayers until your heart is healed and the hurt is gone. You may never forget, but it won’t be as painful to remember.

Do this every day as the Holy Spirit leads you or as the pain begins to affect your present.