

freedom session TT Forgiveness Card

1. Turn to your **Mirror Inventories**. Write the first names from Column 1 in the space below. *These are names of people who've hurt you & those you resent or fear.*

Once you've written all the names down from your Mirror Inventory, skim through the names in Column 1 of your Shield and Closet Inventories. Some of the people you have hurt are also those who have hurt you. If so, include their names on your list. If you need more room, use an additional paper.

2. **Ask the Holy Spirit to bring to mind the names of any others He wants you to forgive.** Add these names to your list.

Lastly, **write down God**.

Note: although God is holy and doesn't need forgiveness, many of us harbor resentment towards Him for things we think He should have done, or stopped from happening to us. "Forgiving God" is a way to release this bitterness.

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3. For each of the names on the list, **think through what exactly they did to you** that caused your bitterness or resentment. To refresh your memory, you can skim over the details in your Mirror Inventory. **Be specific.**

If you forgive in general, you will experience a general freedom. Allow yourself to hurt!

4. **Step forward in faith and obedience to actually forgive** the first person on your list:

Lord, I forgive _____ (name the person)

for _____ (describe the offense)

which made me feel _____
(verbalize painful feelings)

- ⇒ describe what happened. Tell God how much it hurt & what you were longing for.
- ⇒ Pray the exact same prayer for each offense you feel this person committed against you.

Then, continue with a prayer such as...

But now, I choose to forgive _____ and release him/her to Your accountability. I choose to bear the consequences of their sin against me without bitterness, knowing You already paid for it on the cross.

Please forgive me for how I've tried to protect my heart from being hurt again. I acknowledge that You alone are the protector of my heart & I choose to trust You.

Fill this area in my life with Your Holy Spirit and heal this wound.

Thank You for freeing me from the poison of bitterness.

I relinquish my perceived right to seek revenge or blame this person for any dysfunction or present pain in life and I take responsibility for my own life choices. **They owe me nothing!** I ask You to heal my damaged emotions from this memory.

I now ask You to bless this person and to pour Your love into my heart for this person. And I commit to follow You in any steps of reconciliation You ask me to take.

Note: Stay with each person until all offenses are dealt with and you've released all your anger and bitterness. You may need to forgive one person for many events.

5. **Thank God** for the freedom you will experience and **practice forgiveness as a lifestyle.**

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