

GENESIS PROCESS - FORGIVENESS WORKSHEET

PERSON	
WOUND	
JUDGEMENT OR UNFORGIVENESS	
VOW OR SURVIVAL LIE	
EFFECT IT HAD ON YOU	
THEIR DEBT: WHAT THEY OWE YOU	

Father, Your Word says that in order to be forgiven, I must forgive. And so I come to you in the name of Jesus, in obedience and love, and I bring (____) before you. I cancel their debt. I choose to forgive this hurt against me, and I ask that You would not hold this sin against (____) on my account. I release (____) from any desire on my part to see (____) punished. In fact, as You have told me to do, I bless (____) in Your Son's name, Jesus. You know (____) desires, needs, and hurts. You know what would bless (____). And I ask that You would pour out Your love and healing to (____) and bring (____) your highest good, because Your name is Love, and You are not willing that any would perish. Now also, Father, please heal my heart and set me free to love (____) as you do. In Jesus' name. Amen.