

Forgiveness

Ask receiver if there is anyone that they would like to forgive or lead them to ask God to bring to mind someone they need to forgive. Then lead them through forgiveness. Page 125-128 in Freedom Tools has some ministry step tips on forgiving. Here are some questions and reminders that may be helpful:

Have them close their eyes so that they can pay attention to what is going on inside.

Invite them to take inventory of the debt that is owed them. How has this person wronged them or hurt them? How did that feel? What felt true when this happened?

Hindrances: Lord, is there anything that would keep _____ from forgiving this person? If there is: Lord, it feels true to _____ that _____ if they forgive this person. Is there anything that you want him/her to know about this from your perspective? If that hindrance is released check to see if there are any more.

When hindrances to forgive are gone, lead them to **let go of the debt** that is owed them. Lead them in a repeat-after-me prayer. Have them speak forgiveness to the person as if they are talking directly to them. "I choose today to forgive you, _____, for What you did/said was wrong and hurtful, but I am choosing to let go of the debt you owe me. I give you to Jesus and allow Him to deal with you."

• forgive
• release
feeling
• repent
• receive
forgiveness
• give (Jesus)

Lead them to **repent** of unforgiveness, resentment, hatred, judgment, and anything else the Lord brings to mind or convicts them of that was his/her (the recipient's) part. Lead them to **receive** God's forgiveness.

Lead them to say, "Lord, would you allow me to see (the person they forgave) how you see them?"

Invite them to pray a blessing for the one they forgave.

Would you be willing to invite Jesus into the place of hurt? (or unmet need)

Lead them to say, "Jesus, I invite you to this place _____" (name what is hurt or the need that wasn't met) "Is there anything that you want me to know or receive from you here?"

If there were **ungodly beliefs** that were identified, lead them to hold those out to Jesus and ask what He says about those. Then **renounce** the belief as a lie and **replace** it with His truth. (example: If they were forgiving for hurtful words spoken to them that caused them to feel worthless. Lead to ask, "Jesus, it felt true/feels true in that place that I am worthless. Jesus, what do you see?" "I renounce the belief that I am worthless and receive your truth Jesus that _____. Is there anything else you want me to understand about that?")

Lead to **break agreement** with resentment, unforgiveness, and/or judgment.

Invite the Lord to **restore** any ground that the enemy has claimed because of these.

Invite the Holy Spirit to **fill up** the place that was cleaned out.

(example: "In Jesus name I break agreement with spirit of unforgiveness. I have forgiven, released, and blessed _____ so Lord I ask that you would restore to me any ground that I have let the enemy have through my resentment. I take it back now in Jesus name. Holy Spirit, come and fill this place I emptied out with your presence. Take a deep breath and let Him fill you up. Turn your eyes toward Him.

Lord, is there **anything else** that you would like _____ to know or see?

Thank you! Thank you for forgiving me and giving me the grace to forgive. Please show me when the enemy is tempting me to pick this back up and with your help I will choose to bless and not judge. Thank you, Jesus.