

Forgiveness does not mean that the person didn't hurt you, they were right, or they are now allowed to do it again. Forgiving them doesn't mean they are now safe to be around. Forgiving doesn't mean you will not be able to protect yourself or others from them. Forgiving means that you are allowing God to be their judge. When you forgive you are releasing yourself from unending pain and freeing your heart to love again.

Ask God to help you search your heart. Make a list for A through G below.
Be as complete as possible. Follow this general format, but you may use words that seem natural to you.

- A. Who do I need to forgive (self, part of self, other, group, God, Church...)?
- B. What do I need to forgive them for (things they did, who they were, what they failed to do...)?
- C. How did their actions make me feel (angry, afraid, stupid, worthless, hopeless, unprotect-ed...)?
- D. What did I decide based on how I felt (to never trust again, I am unlovable, I am on my own, I must please others, I will hide who I am, God doesn't care, I will be abandoned, I have to be in control, I am powerless...)?
- E. What evil spirits (if any) did I open the door to through this situation? (Spirit of hatred, self-doubt, anger, defensiveness, depression, anxiety, infirmity, desperation, hopelessness, despair, control, domination, bitterness, lust, isolation, inadequacy...)
- F. How did these decisions that I made shape the course of my life (I am alone, I am afraid, I expect failure, I don't feel peace, I am distant from God, I have this disease/condition, I never have enough, I can't receive, I push everyone away...)?
- G. Opposite virtues of the evil spirits you partnered with (love, self-confidence, patience, kindness, hope, health, confidence, surrender, mildness, diligence, chastity, invitation, reverence, charity, temperance, humility...)

Lord, I forgive A. for B. that made me feel C. and through which I justified deciding D. and opening the door to E. that has brought F. to my life.

In your sovereign name, lord, I ask you to bind and tie the spirits of E. and cast them immediately and directly to the foot of the Cross, and back into hell, where they can never harm me, my body, my relationships or my family ever again.

And I ask you, lord to fill me with your G. and may these gifts fill in me all the places these evil spirits have vacated.

And lord, I renounce the belief that you would ever B. or want me to feel C. or to decide D. or to utilize the power of the spirits of E.

**I renounce the belief that you would choose F for me.
In renouncing this belief of you, lord, and of this belief of your Will for me, what would you give me in return?**

(Wait for a reply from God ...)

- A.
- B.
- C.
- D.
- E.
- F.
- G.

Note your response to this reply and how it makes you feel. Will you receive what you've been offered? If yes, thank him for this new understanding of himself and his will. If you find yourself resisting the gift ask him why you cannot receive it and discuss this with him.

Anchor his reply in your body, perhaps your heart, your chest or your abdomen (place your hands over the area you feel the answer resonate in your body and bask in the Words of God spoken to you).

It is important to remember that God is truly sovereign. He is part of everything that happens during the whole course of your life. He has a will for it, and he always wants to bless you through every circumstance of your life, even the difficult ones. This acknowledgment and the transformation in your understanding of the situation from one of curse to one of blessing is life changing. The offending person may have meant ill by their words or actions, but God desired clarity, diagnosis, growth, transformation, healing or freedom from it.

I forgive you, lord, for causing this or allowing this to happen. I know that you want to bless me through this. I know that you work for good in all things. Please open my heart to receive the many blessings you have wanted to impart to me through this situation.

Prayerfully list as many blessings as possible that have resulted from this situation and praise God for them. Also list the blessings you've felt encouraged to embrace, but had refused to accept until now. In revealing to me the heart of the offender, you have invited me onto sacred ground. Please help me to understand this person's heart, to intercede for them and to desire their eternal salvation. Explore the situation from their perspective. Everything can be seen from multiple perspectives. Prayerfully recall their life story, their wounds, their struggles, their needs and priorities, their addictions and compulsions. Seek to understand them from God's perspective.

Replace my stony heart with a heart of flesh and a give me a spirit of mercy, gratitude and joy. Blessed be your Holy Name forever. There may be a physical component to this process as well. Expending the energy or angst that arises is often helpful. Run, yell, punch a pillow, curl in a ball etc. at any point in this process if you feel you want to or need to.

afraid	devastated	hated	nagged	tense
abandoned	discarded	hateful	neglected	terrified
abused	disappointed	heartbroken	nervous	tired
aggravated	discombobulated	heavy hearted	nostalgic	tormented
agitated	disconcerted	helpless	numb	torn
agonized	disconnected	hen pecked	objectified	trapped
aimless	discouraged	hesitant	outraged	traumatized
alarmed	disgusted	hopeless	overwhelmed	troubled
alienated	disgruntled	horrified	pained	turbulent
ambivalent	disgusted	hostile	panicked	turmoil
angry	disheartened	humiliated	perplexed	unappreciated
anguished	disliked	hurt	perturbed	uncomfortable
annoyed	dismayed	ill	petrified	uneasy
anxious	displeased	impatient	pinning	unhappy
apathetic	distant	impotent	powerless	uninterested
appalled	distracted	incensed	pushed	unnerved
apprehensive	distraught	indifferent	puzzled	unprotected
ashamed	distressed	indignant	rattled	unsafe
baffled	disturbed	insecure	regretful	unsettled
beat	dreadful	invisible	remorseful	unwanted
befuddled	edgy	irate	removed	upset
bereaved	emasculated	irked	repulsed	used
betrayed	embarrassed	irritable	resentful	violated
bewildered	enraged	irritated	reserved	vulnerable
bored	envious	isolated	restless	wary
broken	exasperated	jealous	sad	wearry
bullied	exhausted	jittery	scared	wistful
burnt out	fatigued	leery	self-conscious	withdrawn
cold	fidgety	left out	sensitive	worn out
conflicted	flustered	lethargic	shaky	worried
confused	foolish	listless	shocked	wretched
contemptuous	forgotten	livid	sleepy	yearning
controlled	forlorn	lonely	small	
cranky	fragile	longing	startled	
criticized	frazzled	lost	stressed out	
dazed	frightened	malicious	stupid	
dejected	frustrated	manipulated	surprised	
depleted	furious	melancholy	suspicious	
depressed	gloomy	miserable		
despair	grief	mistrustful		
despondent	guarded	mortified		
detached	guilty	mystified		

FORGIVENESS PRAYER
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