

*Forgive us our debts, as we have forgiven our debtors  
[letting go of both the wrong and the resentment].*

*Matthew 6:12 AMP*

The Lord has commanded us to forgive other people unconditionally. When we do this for His sake, we find ourselves free from the person or events involved. This act faith will also enable us to see God's path forward for the relationship.

Choosing to forgive (CTF) is something we will need to practice often as we interact with others in this fallen world. Follow the prayer below to begin the process:

1. Search my heart

- You may already be aware of the need to forgive based on the climate and emotions of your heart and of the relationship.
- Sometimes there is unforgiveness in our hearts that is not conscious. Ask the Spirit to search your heart often with this powerful prayer: *"Lord, who do I need to forgive?"*
- Record the names of anyone that comes to mind:

- Pray through each individual separately using the prompts below.

2. What's their part?

- Specifically name your grievances. Ask the Spirit to remind you of all the hurts and wrongs that you've suffered from this person.
- Record the offenses and any accompanying emotions in the space provided. Write as much as you need to in order to feel accurately and thoroughly heard:

- If this is a longstanding issue or one that's happened repeatedly, you may prefer writing a letter to the other person (for your personal use only). This will aid you in completely emptying yourself of all that has built up in your heart over time.

3. What's my part?

- We almost always respond to hurts and wrongs in ways that are selfish and sinful including:

Holding onto an offense	Unloving actions
Keeping a record of wrongs	Harsh words
Judging the person or situation	Attitudes of anger, bitterness, criticism,
Building a wall of separation	resentment, or hardness of heart
- Ask God to reveal the ways you've responded wrongly to the other person. List them here:

4. Agree with God

- Receive forgiveness from God for these attitudes and actions by confessing them: 1 Jn 1:9 MSG--If we admit our sins—simply come clean about them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing.
- *"Lord, I agree with You and confess that my response was sinful. I ask for and receive Your complete forgiveness now by faith."*

5. Choose to forgive

- Make a choice to forgive the other person for the specific grievances you've identified. This is an act of faith done by exercising your will (capacity for make decisions).
- You may not *feel* forgiving or merciful but your emotions will fall in line over time.
- Pray something like this: *Jesus, because You forgave me and call me to forgive others, I am making the choice to forgive \_\_\_\_\_ for \_\_\_\_\_. Please accomplish wholehearted forgiveness in my heart by the power of Your Spirit.*

6. Let it go

- *Lord, I no longer wish to be bound to these hurts and offenses. I choose to let go of \_\_\_\_\_.*

- *I'm choosing today to cancel any claims in regard to this matter, releasing all debts (real and perceived) to God. I leave any judgment, retaliation or vindication to His righteous rule.*
- Envision putting this person or matter on the altar or at the foot of the Cross. It is finished!

7. Fill me now

- You are ready to receive a fresh breath of the Holy Spirit now that you've dealt with the offense. Pray, *"Dear Father, today I have given you these painful relational issues. Is there anything You want to give to me in return?"*

- Trust Him to produce good fruit in you and in the relationship: Col 3:12 AMP--As God's own chosen people, who are holy [set apart, sanctified for His purpose] and well-beloved [by God Himself], put on a heart of compassion, kindness, humility, gentleness, and patience [which has the power to endure whatever injustice or unpleasantness comes, with good temper]

8. What's next?

- Step out in the assurance that this matter settled judicially between you and the Lord.
- *Lord, is there is anything further that is required on the horizontal level? Is there a conversation or some other concrete action necessary for the relationship to be made right?*
- Record your insights below: