

Forgiveness Challenge

But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Matthew 6:15

Directions: Pray this prayer every day for 30 days. Insert the name of the person (or people) whom you need to forgive. Use the box to check off each day that you complete the challenge.

Abba Father,

I lift up _____ to You today. I choose to truly let go of the hurt, pain, shame, rejection, embarrassment, torment, grief, abuse, betrayal, and sorrow. I choose to truly forgive _____ and I release them to You right now. I declare today that _____ does not owe me anything. Not even an apology or any type of compensation. In the name of Jesus, I cut every ungodly soul tie that there may still be between _____ and myself. I ask You to please pour out blessings upon _____. If _____ does not yet know Jesus as their Savior and Messiah, I ask You to please draw them to Jesus through the power of Your Holy Spirit in order for them to confess with their heart and mouth that Jesus is Lord. Please let their name be written in the Lamb's Book of Life. Please heal their body, and please heal any inner wounds within them. Please deliver _____ from every demon, mental torment, demonic oppression, stronghold, and lie of the enemy. Please break _____ free from their personal prisons and torments. Please help _____ release any unforgiveness towards me or anyone else. Please heal _____ from every childhood wound and trauma. Please provide for their every need. Please bless _____ with peace. I ask that You please draw them into deep relationship with You. Please heal _____ of the hurt that I and others have caused them. Please uproot all the damage that I and others have

inflicted upon _____. Please show _____ favor and give them sweet sleep every night. Please cause them to prosper in all of their ways. Please give _____ a hunger and thirst for You and Your Word. Please help them live a righteous life set apart for You. Let _____ become a mighty warrior for Your Kingdom and help them walk in power and authority. I thank You for clothing _____ in robes of righteousness. Please help _____ fall in love with You and have a biblical fear of the Lord. Please shield _____ from the enemy and protect them all the days of their life. Please give _____ a long and healthy life upon this earth. When their days are complete, please let _____ hear Jesus say, "Well done, good and faithful servant!"

As for me, I repent and apologize to You for harboring unforgiveness toward _____. I confess this as sin and ask for forgiveness for taking offense and allowing bitterness and hatred to enter into me and take root in my heart and mind. I apologize for slandering them, murdering them with my mouth, and fantasizing about hurting them. I repent for taking delight in their downfall. I ask forgiveness for wanting _____ to feel pain. I ask forgiveness for my actions and for any part I played in the situation. I ask forgiveness for causing any division and sowing discord. I lay down all revenge, retaliation, plots, schemes, and manipulation. I ask forgiveness for pride, envy, selfishness, and self-pity. I apologize for playing the victim and participating in victim mentality. I ask forgiveness for manipulating, shaming, abandoning, neglecting, and abusing people in the hopes of trying to protect myself. I surrender any right I think I have to being offended. I repent for all the wickedness in my heart, and I ask You to please cleanse me from all unrighteousness. I surrender the deep hurt to You. Please heal me from the inside out. Please heal the wounds that I have allowed to fester. I ask for forgiveness for partnering with the kingdom of darkness in any way. I rip out the root of bitterness and ungodly judgements I've held against _____. Please soften my heart toward _____ and help me to choose to treat _____ with respect and honor. Help me to love _____ with the love of Jesus. I ask forgiveness for allowing myself to be ensnared by the enemy. I rip out every fiery dart and arrow of the enemy and I cast out the spirit of evil memory recall that tries to keep me in unforgiveness. Through the power of Your Holy Spirit and through Your Word, please help me tear down the walls I've built to protect myself from hurt and rejection. Please forgive me for thinking I have the right to withhold love from

anyone. Please help me not to withhold love from _____ but freely love as You have loved me. Restore this relationship if you want it to be restored. Please show me what I need to do to make things right between us. Anywhere I've been turned over to the tormenters because of unforgiveness, I ask You to please deliver me from the torment and restore to me the freedom that Jesus has purchased for me. I declare freedom from the prison of unforgiveness. I choose now to accept that the blood of Jesus has paid for what _____ did to me and for what I did to _____.

In Jesus' mighty name.

Amen.

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

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Contact us If you need deliverance:

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