

The Offender's Name: _____

Write what they did or didn't do
that hurt you.

How did you feel about it?
(*your emotions*)

How did their action affect you in
the 7 areas of life? (*ramifications*)

What were your sinful reactions?
How did you react after the flesh?

Now use the keys of Forgiveness and Repentance to unlock the bars of the Prison of Unforgiveness.