

Forgiveness prayer

Always follow Holy Spirit in any ministry situation.

ASK the person if there is anyone they need to forgive or anyone who hurt them. If Holy Spirit is prompting you that there is unforgiveness, start asking them some questions. Tell me what your mom and dad were like when you were little? Listen. Often they just need to process out loud.

They might have told you “NO my parents were absolutely wonderful”

In that case, it’s good to ask open ended questions. “What was your dad was like when you were little?”

“Oh, he was a raging alcoholic.”

You’d say “Can I walk you through a prayer to forgive your dad for that?”

Holy Spirit will show you.

The example below is to forgive a mom who yelled a lot:

1. Recognize and verbalize the offense.

Prompt them by saying “Mom it was not OK when you....” have them repeat after you and then finish the sentence.

“Mom, it was not OK how you yelled at me when I was little.”

2. Recognize and verbalize the negative feelings the offense produced.

Prompt them by saying “When you did that, it made me feel...” have them repeat after you and finish the sentence.

“When you did that, it made me feel scared, sad, ashamed and rejected.”

3. Have them forgive:

Have them repeat after you:

“I didn’t deserve that. Mom, you had some problems.”

“I have to give you to Jesus so he can heal you.”

“I forgive you, so I can be free.”

“I ask the Father to forgive you and bless you.”

“I cancel this debt. You don’t owe me anything anymore.”

3. Have them renounce the negative feelings:

When they renounce the negative feelings, the associated spirits leave easily since they forgave. This is easy deliverance. You are teaching the person that they have authority in Christ. Also, you are teaching them that they have responsibility and ownership in forgiving.

In the future, they will understand the power of forgiveness. You are teaching them. It is discipleship.

Always have them renounce bitterness, unforgiveness and resentment (BUR: you have to take the bur out).

Next, have them renounce the negative feelings they told you in step 2 (ie. fear, sadness, shame, rejection)

Have them repeat after you:

“I renounce bitterness in the name of Jesus.”

“I renounce unforgiveness in the name of Jesus.”

“I renounce resentment in the name of Jesus.”

“I renounce fear in the name of Jesus.”

“I renounce sadness in the name of Jesus.”

“I renounce shame in the name of Jesus.”

“I renounce rejection in the name of Jesus.”

(Listen to Holy Spirit and have them renounce anything else He tells you.)

Have them say:

“Holy Spirit, fill me with love, peace and joy. Thank you, Holy Spirit for setting me free.”

You can reassure them that:

Forgiveness is simply releasing the person to Jesus so He can judge them.

Forgiveness is not saying that it is OK how they hurt you.

Forgiveness is not forgetting that the offense happened.

Forgiveness is between the person and God. It does not require the offender to be present. They might not even be alive.

Forgiveness and reconciliation are two different things.

Reconciliation is between them, the person that hurt them, and God. Reconciliation requires repentance. If the person who hurt them is not willing to repent (change the behavior), God may not want them to reconcile. He may give them good boundaries. Or He may ask them to stay away so they can receive some healing in their heart.

God may ask them to forgive more than one time.

When they forgive, it breaks the chain to the traumatic event. Now they can be free from the hurt and pain of that abuse or offense.

God will most likely bring healing to their heart after they forgive. Tell them if they still have some negative feelings, to ask the Lord to heal it. It doesn't mean that they did not forgive.

Kristy Eldredge