

# Forgiveness Tool

“Father, thank you for for forgiving me of all my sins. Because You you have forgiven me, I forgive \_\_\_\_\_ for \_\_\_\_\_.

It made me feel \_\_\_\_\_ and has brought \_\_\_\_\_ into my life (the effects on your other relationships and ways of living).

I place all of this pain on the cross of Jesus Christ and release \_\_\_\_\_ of any obligation to make this right with me. I put all my hope in you, Jesus, to restore everything I have lost.

I release \_\_\_\_\_ of judgements I have made. Now I ask you to bless \_\_\_\_\_ with \_\_\_\_\_.

I now place the cross of Jesus between me and \_\_\_\_\_ and in the name of Jesus I sever any and all ungodly ties formed between us.”

*When we have experienced pain in a relationship we make agreements with lies such as rejection, hopelessness, unworthiness, or fear of man. Sometimes we make vows that keep us from deep relationships like, 'I will never trust anyone again.' In order to live fully free, we need to forgive the one who hurt us and break agreement with any lies this has brought into our lives. Look at what your pain made you feel in the forgiveness exercise. If God has shown you any lies or vows that have come to define your life, use this Breaking Agreements tool to step into further freedom:*

**BREAKING AGREEMENTS (speak out loud):**

“I nail \_\_\_\_\_ (rejection, fear, dread, shame, vow that I will never trust, etc.) to the cross of Jesus Christ and I repent of joining with it. In the name of Jesus I break all agreements I have made with \_\_\_\_\_, both known and unknown. I ask you, Jesus, to take this far from me and show me what you have for me instead.”