

Freedom Through Forgiveness

Forgiveness Declaration

I forgive _____ (name) for _____ (list all the hurts and offences).

I refuse to hold anything against _____ (name) and I release my disappointment, anger, rage and desire for revenge.

I surrender my right to be paid back for my loss and I give up all judgements that I have made against _____ (name).

I will live with the consequences of what was done and I desire to grow stronger and more resilient from these trials

I desire to wish _____ (name) well and will decide to be kind in my thoughts and actions.

I desire to be healed of the trauma and pain that has resulted from my wounds and the unforgiveness.

Let it be so!

Forgiveness Prayer

God, I forgive _____ (name) for _____ (list all the hurts and offences).

I refuse to hold anything against _____ (name) and I release my disappointment, anger, rage, and desire for revenge. I transfer my entitlement for justice to You God, the Righteous Judge.

I surrender my right to be paid back for my loss and I give up all judgements that I have made against _____ (name).

I will live with the consequences of what was done and please help me to grow stronger and more resilient from these trials

Please help me to pray blessing on _____ (name), and help me to be kind in my thoughts and actions.

God, please heal me of the trauma and pain that has resulted from my wounds and the unforgiveness and give me the strength to walk in forgiveness.

Amen.

Integrated Health Transformation Centre Inc.

Website: ihtc.info

Email: healing@ihtc.info