FREEDOM FROM BITTERNESS AND UNFORGIVENESS

If you’ve been offended for more than 3 or 4 hours, it is time to give up the bitterness and forgive.

Use the list below to remind you of whom you may have issues with and use the two prayers to gain your freedom.

*Forgiveness is a choice, not a feeling!*

God honours our obedience in choosing to forgive, and He will help to perform it when our heart desires His will in our lives.

<table>
<thead>
<tr>
<th>A PRAYER OF REPENTANCE FOR RETAINING BITTERNESS AGAINST SOMEONE</th>
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<tbody>
<tr>
<td>Father God, I recognize that as a result of being hurt, I have allowed myself to hold I.e. bitterness, unforgiveness, resentment…____________________against __________________. I accept responsibility for my sin and I agree with your verdict on my rebellion. I repent, I renounce and I ask forgiveness for my participation with these sins and I ask that their curse be broken in the name of Jesus Christ of Nazareth.</td>
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</tbody>
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<th>A PRAYER OF FORGIVENESS</th>
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<td>Father, as I have been forgiven an exceedingly large debt for my sin, I choose to forgive __________ for hurting me. I ask that you would forgive them as well and I release them into the freedom of my forgiveness. In the name of Jesus Christ of Nazareth. Amen.</td>
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<th>A PRAYER CONCERNING UNFORGIVENESS AGAINST ONESELF</th>
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<tr>
<td>Father, I acknowledge that I have been holding Unforgiveness, bitterness, guilt and blame against myself. You are a Father that forgives me for past failures, so I now repent to you for the bitterness I have held against myself. I forgive myself and receive my forgiveness and freedom. I am not guilty of the sins that others committed against me or for the sins I have repented for anymore.</td>
</tr>
</tbody>
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Matthew 18:21-35

FORGIVENESS LISTS

**Family:**
- Father
- Mother
- Sister
- Brother
- Step Father
- Step Mother
- Step Sister
- Step Brother
- Husband
- Wife
- X-Husband
- X-Wife
- Mother-In-Law
- Father-In-Law
- Brother-In-Law
- Sister-In-Law
- Grand Father
- Grand Mother
- Uncle
- Aunt
- Cousin
- Niece
- Nephew
- Other relative:
  - Social
  - Friend
  - Neighbour
  - X-Boyfriend
  - X-Girlfriend

**Personal:**
- Hairdressers etc
- Protection Services

**Criminal:**
- Cause of Accident
- Child Care
- Politician

**Service Provider:**
- Salesman
- Neighbour
- Room mate/boarder

**Personal Business:**
- Insurance Agent
- Real Estate Agent
- Banker
- Investment Advisor
- Government Official
- Legal

**Career:**
- Employer
- Employee
- Supervisor
- Co-worker
- Administration
- Accounting Personal
- Other Personal
- Landlord

**Health:**
- Physician
- Dentist
- Nurse
- Specialist
- Alternative Health Care Giver
- Recreation & Travel:
  - Hospitality Staff
  - Judges
  - Coaches
  - Referees
  - Team mates
  - Travel

**Church**
- Pastors
- Sunday School Teachers
- Evangelists
- Church administrators
- Elders/Deacons
- Bible Study Leader/member
- Counsellor
- Music leader
- Other church members

**Business:**
- Partner
- Financial Partner
- Client
- Competitor
- Banker
- Legal Matters
- Supplier
- Land Lord
- Government official
- Professional Service Provider
- Club or association member

And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness. Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.
Ephesians 4:23-27