

Walking through Unforgiveness – A lifestyle

Remember, forgiving is not saying what someone did was right, but it is about healing the wounds you carry from it that have scarred your heart (soul). Your soul is your will, mind and emotions. All your emotions, choices and thoughts will be filtered through the hurt, anger, resentment, etc. of whatever this unforgiveness has caused.

Most times, the one to forgive is yourself!

Start by thanking Jesus for paying the price so you can walk free. Thank Him that when we ask for forgiveness, He is faithful to forgive!

1. Jesus, is there anyone including myself I need to forgive?
2. What do I need to forgive (person) for?
3. Take a moment to think about the effects of it. For example: rejection, anger, low self-worth, embarrassment, unprotection, fear, guilt, shame, etc. You want to nail all of them to the cross of Jesus Christ of Nazareth.
4. I chose to forgive (person) the very best I can for (name all of the things Jesus showed you).
5. I chose to let go of resentment, retaliation and future judgement.
6. I sever all ungodly ties to (person) and to all of (list the things in #2 & 3 you are forgiving them for). Jesus, close every access point and portal the enemy has used to torment me through this.
7. Jesus, will you forgive me for holding unforgiveness toward (person) and if there was anything I said or did, including wrong reactions that hurt them or myself, I ask you to forgive me and wash me now in your forgiveness and love.
8. I nail (list the things in #3 – or you can say “all the things I just mentioned”) to the cross of Jesus Christ of Nazareth**.
9. I cancel all assignments and break all agreements I’ve made to all of this and I repent for joining with any of it.
10. Father, will you take all the (name them including spirits and effects) away from me and send them to Jesus. Jesus, completely heal my memories and disconnect the triggers so that I am no longer able to go back to this place again. Give me new memories made with You Jesus!
11. Jesus, will you now heal the wounds in my mind, body and soul this has caused me?
12. Jesus, is there anything you want to tell me, show me or give me? (don’t forget to write/ draw this down and refer back to it often!) Even if it is only a sensation!
13. **Now the most important part! When you are done – make sure you bless the person you are forgiving (incl. yourself) the best you can, so that they (you) have an opportunity to gain freedom from the bondage they (you) are in through Jesus.**

**Additionally you can add: any lies the enemy brought you like “I’m not good enough”, any judgements & negative words i.e. ‘you’re stupid’, etc.) You can be as detailed or not – God knows your heart, but there is a lot of power knowing what words, judgments, vows or lies that have affected your life in the negative. By breaking your agreement with them & choosing what God has to say about you, will spiritually reset you. The next part will be you continuing the process of walking it out and making a choice not to go back to old patterns and beliefs.

I have set before you life and death, blessing and cursing: therefore choose life, that both you and your children may live. Deut. 30:19