

An Individual Who Has Hurt Me

List each way _____ has hurt you in the past.
(NAME)

Define each way the person hurt you.	Describe the emotional pain you feel because of the hurt.
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

“Lord, I choose to forgive _____ for _____
(NAME) (AREAS LISTED ABOVE)
 causing me to feel _____, and I am willing to pay for the emotional pain and
(DESCRIBE EMOTIONAL AND PHYSICAL PAIN)
 consequences that _____ has caused me. I take back ground given to Satan
(NAME)
 through my bitterness and yield that ground to the control of the Lord Jesus Christ.”