

# Family Members Who Have Hurt Me

	<b>Release</b>	<b>Pay</b>
List each family member who has hurt you in the past.	How did they hurt you? (List issues)	Describe the emotional pain caused by the hurt.
Father - - -		
Mother - - -		
Step-parents - - -		
Siblings - - -		
Others - - - -		

"Lord, I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
name issue  
 causing me to feel \_\_\_\_\_ and I am willing to pay for the emotional pain and  
emotional pain  
 consequences that \_\_\_\_\_ has caused me. I ask You Lord Jesus, to take back the  
name  
 ground I gave to the enemy through my bitterness and I yield that ground to Your control."