

# People Who Have Hurt Me

	<b>Release</b>	<b>Pay</b>
List each person who has hurt you in the past.	How did they hurt you? (List issues)	Describe the emotional pain caused by the hurt.
<p>Friends</p> <p>-</p> <p>-</p> <p>-</p> <p>Teachers, students, classroom experiences</p> <p>-</p> <p>-</p> <p>-</p> <p>Employer, employee</p> <p>-</p> <p>-</p> <p>-</p> <p>Believers, church situations, pastor, leader, etc.</p> <p>-</p> <p>-</p> <p>-</p> <p>God (List the ways you think God has hurt you.)</p> <p>-</p> <p>-</p> <p>-</p> <p>Myself (List each area for which you cannot forgive yourself.)</p> <p>-</p> <p>-</p> <p>-</p> <p>Others</p> <p>-</p> <p>-</p> <p>-</p>		

“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.”