

## THE IMPORTANCE OF FORGIVENESS

**EXPLAIN TO THE PERSON RECEIVING MINISTRY, BEFORE PRAYING FOR FORGIVENESS:** *Through unforgiveness, we become bound to the offender(s) and the painful memory will not heal. Unless we forgive and release the offender(s), we will continue to recall the hurt, rejection and betrayal. We will continue to feel pain, be angry and often depressed. It is like a chain linking them to the offender. Demonic forces often torment these people. God's word in Matthew 18:34-35 (KJV) tells us that we will be delivered over to the tormentors if we don't forgive. Pain and hurtful memories will start to heal after forgiveness. It is trusting God to deal with them in His way. The only way to be free is to forgive and release the person(s) who caused pain or harm. After we forgive and release them, we are in a place to receive healing.*

**PRAYING THE FORGIVENESS PRAYER:** *FIRST, have the person you are helping, pray the forgiveness prayer. Afterwards, tell them to get quiet. Have them close their eyes and tell you the names that come to their mind. Remind them that they asked the Holy Spirit to bring the names to mind. They do not have to try to think up names or try to force names to come, but get quiet and allow the Holy Spirit to bring the names to them. You only need the first name of the offender and not what the person did. Later when they begin to forgive a person, the Holy Spirit will bring to their memory what that person has done. Then, if they cannot recall what that person did, then have them forgive the person anyway and let them go.*

*Explain that often we forgive people, but later we remember what the person did and start to feel the pain again. If we dwell on what that person did, we can get back in unforgiveness. Sometimes we have to forgive a person 50 times a day until the forgiveness moves from our head down into our heart. Forgiveness is a heart attitude.*

*When they are not getting any more names, then add their name and God to the end of your list of people they have to forgive. The Bible tells us to love our neighbors as ourselves. We must forgive ourselves for how we have acted in the past and the vows we put on others or ourselves. As for forgiving God, we hold things against God because He has not done things our way, or as fast as we want Him to act. As the person listens for names, be patient and wait a sufficient time as the Holy Spirit searches their hearts.*

*When no more names come to his/her mind, explain the next step. Tell him or her that you are going to give them a name, and then you want them to forgive that person for everything. An example is: "John, I forgive you for (.....)." Have the person receiving ministry continue doing this until they have forgiven that person for everything that the Holy Spirit brings to his/her mind. Tell them that you want them to speak the forgiveness aloud. Scripture says that confession is made with the mouth. Do not be in a rush to get them through these prayers. Take time to pray and let the Holy Spirit lead you to what, when and where you minister.*

*After the person has truly repented and forgiven everyone, they are ready for a special prayer of absolution. We, as born again believers, have the commission from Jesus to pronounce absolution for their acts when they repent. (John 20:21-23). You can say, "I pronounce your sins forgiven, in Jesus' name."*

### Prayer No.3 PRAYER FOR FORGIVENESS

Dear Heavenly Father, I thank You for Your love and kindness toward me. It is Your kindness that has led me to repentance, turning from all my sinful ways and turning to You. I admit that I have not been kind, patient and loving to others when they have offended me. I had bitterness, resentment and made judgments in my heart. I have allowed these to grow in me, separating me from others and from You, Father. At times, I have forgotten this unforgiveness in my heart. This unforgiveness festers deep within me, often beyond my conscious reach. It affects every aspect of my life and gives the enemy a right to torment me as stated in Matthew 18. I confess that this unforgiveness and bitterness is affecting my life and relationships today. Because of past hurts, I acknowledge my inability to love or trust others to any depth. I

understand that forgiveness is not an emotion but an act of my will. Father, I now choose to exercise my will to forgive others as You, Father, have forgiven me. Father, I know that You are a searcher of the heart. I ask You to search my heart. Reveal to me any hidden and secret unforgiveness or bitterness toward others. I choose not to be ruled by a spirit of bitterness. I choose to forgive and have a spirit of peace and love in my heart. I repent, and will forgive and release these people that you bring to my mind, right now. I ask You, Father, to forgive me and restore me as I forgive those who have offended me. Jesus promised that the Holy Spirit would bring everything to our remembrance. Dear Holy Spirit, I am asking You to bring to my remembrance anyone I have to forgive and I will forgive them in Jesus' name. Amen.