Forgiveness Inven

A lifetime of pain

And when you stand praying, if you hold anything against
so that your Father in heaven may forgive you your sins.

Begin with the most prominent person in your life, start at the b
Begin to identify any un-forgiveness or offenses that remain ou
1) Write down the offender's name. 2) List the offenses you bel
3) Write down your sinful responses, if any, towards the offend
Slowly make your way through your relationships from closest
The ultimate goal of the **Forgiveness Inventory Journal** is to f
and offense as humanly possible!

Please do not fail to examine all of your relationships. Spouse,
ex-relationships, coaches, teachers, in-laws, employers, pastors

Person's Name: _____

Offenses: List all the ways you have been hurt by this person. Write down what you have not forgiven them for.

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List all the ways you have been hurt by this person.
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FREEDOM

The Final Step: Forgive the offender & offenses & set the

Lord, I set _____ free from the offense of _____

tory Journal

, released

anyone, forgive him,
Mark 11:25

beginning of your relationship.
tstanding with that person.
ieve were committed against you.
er.
to most distant people in your life.
face each day as free from bitterness

kids, parents, siblings,
s, institutions aunts, uncles etc…

Your Sinful Response towards the offense (i.e. anger, slander, judgement) Lord, I repent of the sin of ___ against ___

Your Sinful Response towards the offense (i.e. anger, slander, judgement)

Lord, I repent of the sin of ___ against ___

em free.