

*Father God, I give you permission to bring to my mind all who have offended me, Set me up to sin or hurt me (pause and let God bring names, faces and events to your mind... allow yourself to feel emotions..) I choose to forgive each one of them and I Release them, I let go and revoke all judgments and punishments for them I thought about; I turn all of this pain and unforgiveness over to You. I release them into Your hands. Thank you Holy Spirit for working forgiveness into my life and giving me the grace I need to forgive.*

*In Jesus' Name*

*Amen*