Pray and ask the Lord to reveal anyone whom you need to forgive. List a name and what you need to forgive the person for. Be very specific. For example: “Lord I forgive my dad for smacking me across my face at the restaurant, calling me fat and ugly at the party.” etc.

If there was any kind of abuse, write the name of the abuser or abusers and be as specific as possible concerning specific events. Specific events cause specific wounds to the soul, dealing with these things through forgiveness brings healing and freedom. Also, be sure to add yourself, and God if necessary. You may have several pages when you are finished, and that is ok!

At the end of the teaching there will be group prayer to confess forgiveness. This will be personal. *Again, no one will see your list. This will be between you and God.*

**If you need assistance or have any questions, please do not hesitate to contact us.*

Kevin and Amy
setfreeweekends@gmail.com

Person	What he/she did to hurt you	Painful feelings caused by it

Person	What he/she did to hurt you	Painful feelings caused by it