



## Forgiveness Exercise

Fill out the following form with each offense that comes to mind. Don't stop until you are out of hurts. Name the offender by name. Briefly describe the offense. Note what the enemy whispered in your ear through the offense. Ask God for the truth of how he feels about you. Note any scripture that counters Satan's lie with God's truth. **Then repent** (tell God you're sorry) for each offense that you believed what the enemy was speaking to you. And verbally claim the truth and speak the scripture over the enemy's lie **OUT LOUD**. Recreate this form as much as needed to get through the exercise. Below is an example.

Offender	Offense	Enemy's Lie	God's Truth	Scripture
Xxxxxx xxxxxx	Didn't follow through with his responsibilities at work after providing him with a job	God is like people, only loving me for what they can get out of me	I am a masterpiece and loved unconditionally by God - not for what I offer Him	Romans 5:8

[illegible]