



Self-Forgiveness Exercise

Fill out the following form with each offense you have perpetrated to others that comes to mind. Don't stop until you are out of offenses. Name the offended by name. Briefly describe the offense. Note how the enemy accuses you regarding this offense. Ask God for the truth of how he feels about you. Note any scripture that counters Satan's accusations with God's forgiveness. **Then repent** (tell God you're sorry) for each offense and that you continue to be bound by the enemy's accusations. Thank God for His forgiveness. Verbally claim the truth and speak the scripture over the enemy's accusations **OUT LOUD**. If you are able to offer a verbal or written apology to the offended, check the last column so you'll remember to do it. Then record the date after you have followed through. Recreate this form as much as needed to get through the exercise. Below is an example.

The Offended	Offense	Enemy's Accusation	God's Truth	Scripture	Follow-Up and Date	
Julie B	I wasn't able to support her during Daniel's birth because of my pain.	I don't have what it takes to be a good father and husband.	He will empower me to fulfill the good works He has planned for me, including parenting..	Philippians 4:13	X	4/10/2014

[illegible]