Forgiveness Worksheet: A Journey to Freedom in Christ

What Forgiveness Is — and Is Not

Forgiveness IS:

- Releasing someone from the debt they owe you
- Obedience to God that brings healing
- A process that happens in layers
- A choice, not a feeling
- Something we do because we are forgiven (Ephesians 4:32)

Forgiveness is NOT:

- Saying what happened was okay
- Forgetting the offense
- Letting the person back into your life
- Denying the pain or making excuses for evil
- Pretending you're not hurt
- Letting someone keep harming you
- Not forgiving is like drinking poison and expecting the other person to die.
- Unforgiveness gives the offender free rent in your head.
- 🧠 Forgiveness is not denial. It is saying, "It was wrong—and I'm giving the weight of it to God."

💖 God's Heart Toward What Happened to You

God saw everything. He was not okay with it.

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Psalm 56:8 "You keep track of all my sorrows. You have collected all my tears in your bottle."
- Romans 12:19 "Vengeance is Mine; I will repay," says the Lord.
- Matthew 5:4 "Blessed are those who mourn, for they shall be comforted."
- Psalm 9:9 "The Lord is a refuge for the oppressed, a stronghold in times of trouble."

God does not minimize your pain. He collects every tear. He promises justice. He is near.

Instructions for the Forgiveness Reflection Chart

Use this chart to slow down, reflect, and let God's Word speak into your forgiveness journey.

- Column 1: Scripture Read the verse slowly.
- Column 2: In Your Own Words Rewrite the verse how you would say it. This helps the truth settle deeper.
- Column 3: What This Teaches Me Reflect on what the verse reveals about forgiveness, God, or your healing.

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Forgiveness Reflection Chart

Scripture	In Your Own Words	What This Teaches Me About Forgiveness
Ephesians 4:32 – "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."	I'm called to treat others kindly and forgive them, just like Jesus forgave me.	I don't forgive because people deserve it—I forgive because I was forgiven first.
Colossians 3:13 – "Bear with each other and forgive one another Forgive as the Lord forgave you."		God doesn't expect perfection, but He wants us to reflect His mercy.

Romans 12:19 – "Do not take revenge 'It is mine to avenge; I will repay,' says the Lord."	God doesn't want me to get back at people. He'll deal with it His way.	I can stop carrying the burden of justice. That's God's job.
Matthew 6:14–15 – "If you forgive other people your heavenly Father will also forgive you."		Unforgiveness clogs the flow of grace. I want nothing to block my connection with God.
Luke 6:27–28 – "Love your enemies pray for those who mistreat you."	It's hard, but I can pray for people who hurt me instead of wishing them harm.	My prayers can turn pain into healing and keep bitterness out of my heart.
Psalm 34:18 – "The Lord is close to the brokenhearted"	God is near when I'm hurting. He doesn't walk away from my pain.	I'm not alone. God stayed close even when I felt abandoned.
Psalm 56:8 – "You have collected all my tears in your bottle"		My pain mattered to God. Not one tear went unnoticed.
Matthew 5:4 – "Blessed are those who mourn"		God doesn't shame me for grieving—He blesses and comforts me in it.
Psalm 9:9 – "The Lord is a refuge for the oppressed"	He's my safe place when I feel crushed or powerless.	I can run to God when people have wounded me or used their power against me.



Prayer to Begin

Jesus, reveal what's hidden.

Lord, You see what I've buried. You know where I've been hurt, ignored, betrayed, or abandoned.

If I'm still holding on to unforgiveness—even if I've tried to forget—please bring it to the surface gently.

I give You permission to show me what I still carry.

Walk with me through it. Heal me one layer at a time.

Amen.



Forgiveness Inventory Table

List every person, what they did, and the emotions you still feel. Include small and old things. Be honest.

Name	Offense	Emotions Attached

Forgiveness Prayer (Repeat for Each Person)

Lord, I forgive [Name] for [Offense].

For making me feel [Emotion(s)].

I release them from the debt they owe me.

I give You my pain, my anger, my hurt, and my desire for revenge.

I release bitterness, hatred, and resentment.

Heal this wound and fill the empty place with Your peace.

When my mind goes back to it, help me bring it to You quickly.

I choose freedom. I choose healing. I trust You to defend and restore me.

In Jesus' name, Amen.

🙌 Final Surrender Prayer

Jesus, thank You for forgiving me so many times.

I want to live in that same freedom.

Remind me when my thoughts are ruminating.

Remind me that forgiveness doesn't mean forgetting—it means giving You the weight.

I choose to forgive, one name at a time.

Fill the space where pain once lived with Your presence and peace.

Walk with me as I heal. I trust You with every wound.

Amen.



Closing Journal Prompt:

"Lord, what do You want me to know after this time of forgiveness?"

Take a few quiet moments to sit with God and write from your heart. Let this be a sacred space to process and receive.

You might reflect on:

- What surprised you during this process
- What you felt as you forgave each person
- What burdens feel lighter now
- Any fears or resistance you're still carrying
- What healing you're asking God for next
- What you believe God might be saying to you now
- How you want to walk forward from this place

You can begin with:

"Jesus, after working through this forgiveness, here's what I'm feeling... Here's what I think You might be saying..."

There are no wrong answers. Let your heart speak, and let God meet you there