

# I Forgive Them

Holding unforgiveness towards another person harms you. Forgiving those who have offended you will bring peace.

Take the time, prayerfully, to remember each person who has hurt or offended you.

Forgive your parents, siblings, family members, friends, work associates, acquaintances, and strangers. Be sure to forgive yourself also.

In some circumstances, it can be very difficult to forgive someone. If you have experienced serious trauma or abuse, please reach out to a trusted adult to help you work through this process.

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Choose a person, and then:

- Ask yourself “What have they done that hurt or offended me?”
- Ask yourself “Do I really want to hold onto this?” Remember that forgiving someone does not mean that you agree with what they did, it means you let them be accountable to God. And you let go of the burden of unforgiveness.
- Decide to forgive, and say in your mind “I forgive them for that.”
- Notice any negative feelings that you have towards them or about the situation and surrender them to Jesus. Say in your mind “I surrender these feelings to You Jesus”
- Take a deep breath and as you exhale, imagine all of the negative feelings blowing away from you. As He promised, Jesus will take these bad feelings and replace them with peace.
- Ask “what else have they done that hurt or offended me?” And repeat these steps as many times as you need to.