

2 Confess your hurt to the Lord.

Lord, I confess that I was hurt when she ignored me
and never took the time to get to
know me.

3 Be open to His correction and direction.

Lord, I understand that You desire me to let go of all
want and desire.

4 Finally, we must forgive the person(s) who hurt us.

Jesus, I forgive Sister Rachel
for waking me feel rejected.

The next exercise we face after we have forgiven someone is to avoid relapsing. Occasionally, we may find ourselves having to fight off some of the same thoughts we had about that person before we forgave him or her. The way we do this is to remember to pray for that person. These scriptures will help you know how to pray.

Read each scripture, and jot down the attitude God desires us to have in our hearts for those who hurt us.

Matthew 5:44

Love your enemies! Pray for those who persecute

Psalms 35:11-14

When evil doctors are ill, we should grieve
for them. Fast and pray for them.

2 Corinthians 10:5

Destroy every obstacle, devilish arguments
and every pretension that sets itself up against
the knowledge of God.
WRITE A PRAYER...

Praying for the deepest needs of someone who has hurt you.

Lord, I pray for sister Rachel. Bless
her life. I forgive her for all the
want she caused me. Thank you Lord
for setting me free. In Jesus name
Amen!