People Who Have Hurt Me

Name: _____ Date: _____ Page: _____

- *Father (Bio/Step)*
- *Mother (Bio/Step)*
- *Grandparents*
- *Other family members*
- *Siblings*
- *Friends*
- *Teachers/Students/Class Experiences*
- *Employer/employees*
- *Believers/church situations*
- *Others*
- *God/Ways God has hurt you*
- *Yourself*

List individuals who have hurt you *(Use first names if possible to identify)*	**How they hurt you** *(List issues and events)*	**Describe the emotional pain you felt** *(List 5 to 8 Emotional pain words for each)*
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•	•	

"Lord I choose to forgive _____*(Name)*_____ for _____*(The way I was hurt)*_____, causing me to feel ____*(The emotional pain I felt)* and I am willing to pay for the emotional pain and consequences that _____*(Name)*_____ has caused me. I ask you, Jesus, to break/void all of Satan's stronghold(s)/contract(s) in my life that was caused by my bitterness. I take back the ground that I gave to Satan through my bitterness, and I yield that ground to You."