People Who Have Wounded 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 wounded you *(Use first names if possible to identify)*	**How they wounded you** *(List issues and events)*	**Describe the emotional pain you felt** *(List **5 or 6** Emotional pain words for each)*
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•	•	

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

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