

Pray: Father God, I come to you in the Name of Jesus Christ. I need you to make me clean and whole. I know that bitterness and unforgiveness separate me from You. I know that I need to forgive so that I can move on with my life and fulfill my destiny.

Father God, I need Holy Spirit to reveal any bitterness I have knowingly or unknowingly towards _____ (the person causing the bitterness).

Right down the name of the person/ thing then list everything Holy Spirit reveals to you. Such as when they said _____, I felt _____ (at this point do not make any excuses for the person).

Identify any lies attached to the incidents. I am not good enough, God hates me, etc.

Pray this prayer: Father thank you for revealing these things to me. Father, I need your help to forgive _____. I confess that I am guilty of the sin of bitterness and unforgiveness in my heart against_____ for these things (repeat in one word or a phrase the things on your list). I refuse to hold on to this bitterness and un-forgiveness any longer and I uproot it now in Jesus Name. I give up the right to be angry with _____ for all these things.

Pray: (if the person is still living) I put _____ into Your hands and ask you to bless them and their future.

I choose to believe and receive forgiveness from You and freedom from the lies that bound me to the past through bitterness and un-forgiveness. Thank You, Father God, for setting me free.