

## **Forgiveness Prayer Steps**

- Heavenly Father, I choose from my heart to forgive \_\_\_\_\_ (the person) for \_\_\_\_\_ (what they did).
- I release \_\_\_\_\_ (the person) and cancel their debt to me.
- In the name of Jesus, I cancel all of Satan's power and authority over me in this memory (or this issue or this situation) because I have forgiven.
- In the name of Jesus, I command \_\_\_\_\_ (see examples below) associated with this memory (or situation) to go.
- If needed...In the name of Jesus, I command \_\_\_\_\_ (health problem) to go.
- Holy Spirit, I ask You to heal my heart (and body) and tell me Your truth about this situation. Listen...

## **Repentance Prayer Steps**

- Heavenly Father, I repent for \_\_\_\_\_ (the specific sin). I ask You to forgive me. I thank You that You do forgive me.
- I choose from my heart to forgive myself for doing that.
- I release myself and I cancel the debts I've been holding against myself.
- In the name of Jesus, I cancel all of Satan's power and authority over me in this sin because I have forgiven myself and I am forgiven by God.
- In the name of Jesus, I command all \_\_\_\_\_ (see examples below) associated with this sin and situation to go.
- If needed...In the name of Jesus, I command \_\_\_\_\_ (health problem) to go.
- Holy Spirit, I ask You to heal my heart (and body) and tell me Your truth about this situation. Listen...

The steps above are adapted from Wellspring Ministry

### **Some examples of common strongholds to command to go (use those that apply)**

Rejection, Abandonment, Fear of Rejection, Fear of Abandonment

Self-hatred, Self-violence, Self-anger, Self-condemnation, Self-bitterness, Self-rejection

Bitterness, Unforgiveness, Resentment, Retaliation, Anger, Hatred, Violence, Murder

Control, Fear, Fear of Lack, Fear of the future, Fear of \_\_\_\_\_

Guilt, Regret, Sorrow, Shame, Unworthiness, Doubt, Unbelief, Perfectionism, Performance

Add Others as Led by Holy Spirit \_\_\_\_\_