

Forgiveness Letter

Forgiveness is a choice not a feeling. Sometimes I have to start with I am willing to be willing to forgive. Forgiveness can feel very unfair. Christ commands us to forgive that we may be forgiven and be free from the pain of unforgiveness. We cannot expect others to change, and in Jesus we can have joy and happiness in spite of the circumstances. If we expect others to change we are like a puppet on a string, being controlled by all of someone else's choices and this will leave you feeling like a victim, powerless.

“The saying of unforgiveness is “unforgiveness is like drinking poison yourself and waiting for the other person to die.” Marianne Williamson

Woven through out unforgiveness is grief. Grief like unforgiveness will layer event after events of hurtful and painful situations in our life. To solve this problem you will want to own the problem and the hurtful feelings that go along with it. When a person acknowledges their hurt and loss it will empower them to move on in life. When loss and woundedness is ignored it will return *until* you release it from your heart.

This exercise will help you release the hurt and the loss connected with it. Be sure and allow yourself at least 20 minutes for this exercise. I will give you a few examples in italics to encourage and give you direction.

This can also be a letter to yourself.

You will need plenty of paper and please do this with pen and paper rather than on the computer, hand and paper facilitate healing.

Caution: Do not send this to anyone. This is for your process and healing only. How you feel is just how you feel. The person you are hurt by may not have done what you feel or think they did. We are promised healing when we obey and forgive. If you have to tell them you forgive them you haven't let it go.

Dear _____ Write what happened.

I AM ANGRY because *when I was 8 you...it hurt me so much.....I have been so disappointed.....and I become outraged when I think about.....*

I AM SAD when I think about all the rejection I have had because of this situation. When I think about how my life might have been..... write what you feel. What hurt your feelings?

I AM AFRAID what holds you back or keeps you blocked? I'm afraid you won't understand.....I'm afraid people will think I am crazy if they knew how I feel.....

WHEN THIS HAPPENED IT COMMUNICATED TO ME I wasn't good enough, I am not lovable, I am a failure.....

I AM SORRY for all the times I withheld from you, when I think bad thoughts about you, when I hurt others because I am hurt.....

I WANT to believe that I am loveable, healthy relationships in my life, victory over this past hurt, I want to experience love from God.....

I Choose to Accept (what has happened) I accept that what happened was not a reflection of who I am as a person.....

I Choose to Accept (the present) New choices I can make because of forgiving and healing in my heart and soul.

I FORGIVE YOU be clear and set intention with your heart. Be sure and express gratefulness and thanks _____ I forgive you, I release you and bless you. I ask that God's grace would empower you do be all that you can be. I forgive you for all the pain this has caused for me.....

Now you will write a letter from the person you are forgiving. In this part you will write the response of love that God wanted in this relationship. This person will be understanding, safe and loving. See this person in your mind's eye and see them healed in the love of God. Jesus, work through my heart and let allow my pen to flow from your heart.

DEAR _____, *I am so sorry thank you for sharing your feelings with me. You deserve to be loved and promises kept to you.....I see your future strong, and full of the life of God, prosperous.....*

When you have written and read this letter to yourself you can feel the good feelings of healing in your heart.

*This works well to read to a **safe** friend make sure they are not connected to this situation.*

Suggestions:

Do this 3 days in a row

Repeat 1 time a week for 4 more weeks. You can use this over and over.

Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.