

Whom

Forgiveness Worksheet

Situation

How they hurt or harmed me

I forgive them for

I choose to forgive them on this date..

Date

I no longer am demanding their punishment, releasing them to God's justice.

I recognize I have been freely forgiven for my many wrongs.

I acknowledge that only God can judge them justly.

I understand that reconciliation and trusting them is separate from my forgiveness.