

Prayer for working through Unforgiveness
May 23, 2022

Unforgiveness can be such a challenge for us. We know we should do it. We know Jesus told us to do it 70x7, which essentially means to infinity and beyond. And yet our hearts struggle and our emotions continue to plague us. Bitterness, anger, resentment. They all come to play when unforgiveness is at work.

Today, take comfort in the knowing that we serve a God who died for your freedom. And he lived as a man, so he knows what it is to be wronged, to be offended. Yet he did not succumb to bitterness or anger. Just as He lived free from those things, He can also empower us to live free of them, by the power of His Spirit.

As you enter prayer now, take a moment to settle your mind. Put aside your concerns and what needs to get done today, or what didn't get done today. Take a slow, deep breath. Center yourself in His Presence. He is the Alpha and Omega. The Beginning and End. You are found in Him. So you can be still in this moment.

Reflect on this passage for a moment:

"Don't sin by letting anger control you."^[d] Don't let the sun go down while you are still angry,²⁷ for anger gives a foothold to the devil. Ephesians 4:26-27

As you consider the passage, is there anyone that comes to mind that has made you angry? Are you feeling hurt or rejection? PAUSE.

Consider what they did that offended you. What did you decide about them as a result? Name those judgements before the Lord. Maybe you decided they were a bad friend, or rude. Maybe you decided they didn't love you after all. PAUSE.

We don't need to let others off the hook for their sin. But we are not judge and jury. When we hold onto offense and unforgiveness, we are essentially saying that we will be judge and jury. In so doing, we attempt to take God's place as judge. This is the action that allows the evil one a chance to get in.

Tell the Lord what they did that hurt you. PAUSE.

Tell Him that you forgive them, unconditionally, for the things they did and said that hurt you. Give up the right to charge them again for this offense. PAUSE.

Instead, picture yourself handing them over to God, and tell Him that you trust Him to make the situation right. Ask Him to bring His own justice and give up the right to bring justice yourself. PAUSE.

Confess your own unforgiveness, bitterness or hurt regarding the situation. PAUSE.

Drop every charge you've brought against yourself in this situation. PAUSE.

Ask the Holy Spirit to come and heal your thoughts, memories and emotions as it relates to this offense. PAUSE.

Take a moment now to look back at the offense, after you have prayed. Does the person who offended you look different? Do you feel different? PAUSE.

Forgiveness takes time. If you did not experience relief from praying through the offense, try it again. Extend grace to yourself as well. Hand over your emotions to the Lord. He is faithful to heal us from our brokenness.

Lord, today we ask that you would continue to "Search us, O God, and know our hearts; try us, and know our thoughts; and see if there be any wicked way in us, and lead us in the way everlasting."

We want to live in freedom, Lord God. Make it so. May we be relentless in our pursuit of you. May we hear your call to confession, may we hear your call to forgiveness, and may we receive your freedom. Amen.