

# *Be Still and Know I am the God who Forgives*

## **What is Forgiveness? How do we DO it?**

Anne's Outline (based on Cheryl Witham's Forgiveness Model)

### **1. Lord's Prayer**

### **2. Life in the Middle**

- a. Payment is due
  
- b. Heavy burden of Debt
  
- c. Get out of Middle

### **3. Choices: Trust God or Not?**

- a. Extend forgiveness OR Withhold forgiveness?
  
- b. Release Understanding OR Hold out for Understanding?
  
- c. Trust Sufficiency of Jesus' Blood OR Don't Trust Blood as Enough

"Good News for Captives: You are in a reality that is not your choosing. You are not responsible for the actions of those who brought you to the place you find yourself. You need to, by the grace of God, name the sin that has brought you into captivity and the pain you have experienced by the choices of another and forgive them of their debt against you. You can choose to be satisfied with the blood of Christ and trust God's power and intention to work justice on your behalf. Let God be God! He alone is judge. He alone is Savior." C. Witham

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## Resources

*Holy Bible*

*The Debt is Paid: Freedom through Forgiveness* Cheryl Witham

*Restoring the Christian Soul* Leanne Payne

*Total Forgiveness* R. T. Kendall

*How to Forgive Ourselves Totally* R. T. Kendall

## **Prayer of Forgiveness \***

### **PART I — Hold up to the Lord all the things about the person that trouble you.**

Have the person hold up to the Lord all the things a particular person has done that bother her. I tell the person, “I want you to put your hands together so you can pile up, in your hands, all the things you are going to list to give to the Lord. For example, if it is your father, we will list and name all those things that trouble or upset you about him. It is important to verbally, out loud, say each thing as you are placing them in your hands.” When the person is finished (and do ask if they are finished) tell her to turn her hands over and release them to the Lord. At this point I like to pray a prayer something like this:

- Lord Jesus, we give you each one of these things and ask that you take them and pour your love and healing power through them. We thank you, Lord that you have the power and the grace to redeem them. We ask you, Lord Jesus, to lift all the pain and hurt that has been involved in each one of these things, that you lift it from \_\_\_\_\_ heart, from her mind, from her spirit. We ask that you lift the burden of these things from her shoulders. We give all this to you, Lord, and trust you to deal with it. Thank you, Lord, for taking each one of these things. Amen.

### **Part II — Hold up to the Lord all the things about you that trouble this person.**

Have the person put her hands together again and hold up all those things about herself that may trouble the other person. In other words, what is it about her that might be troubling to that other person. Then, do the same thing of verbally listing these things by piling them up, one by one, in her hands. When she can't think of anything else, I ask her to turn her hands over and release these things to the Lord. Now, I pray the same type of prayer.

- Lord Jesus, we ask you to come and pour your love and healing power over these things. We ask that you take them, and we thank you for taking them and dealing with them, for releasing this burden from \_\_\_\_\_. We trust you, Lord, to heal this hurt and pain. Amen.

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### **Part III — Hold up to the Lord your heart's desire for that person.**

Have her hold that particular person up to the Lord and share with the Lord what the desire of her heart is for this person. Say, "Lord, this is my Dad and this is what I would like for you to do with my Dad." (It is important to mention here that if the person has died it's OK to lift this person to the Lord and share with Him what the desire of your heart is for this person.) Have her list those things, placing them in her hands. When she is finished, have her turn her hands over and give them all to the Lord, just as she has done before. At this point I would pray something like:

- Lord Jesus, we give \_\_\_\_\_ to you and we ask that you take him. We thank you that you are able to handle \_\_\_\_\_ better than anyone else. Bring about your perfect will for \_\_\_\_\_ and let your love pour into him and your healing power flow over him. We release him into your care. Thank you, Lord.

\*If the one you are praying with is going to be forgiving more than one person during this time, you would do Parts I, II, and III for each person respectively. Then move on to Part IV as follows. Usually it is difficult to do more than 2 people at a time unless you are in an all-day session.

### **Part IV — Hold up to the Lord your heart's desire for yourself.**

The last thing I have the person do is hold herself up to the Lord and share with Him what the desires of her heart are for herself, what she would really like to see Jesus do in her life today. As she puts her hands together, she says these things out loud and puts them into her hands. Ask her to turn her hands over and release them to the Lord.

- Lord Jesus, we release these things to you. We ask that you pour your love and mercy and grace into each one of them. We thank you, Lord Jesus, that \_\_\_\_\_ is trusting you with each of these things. Surround her with your heavenly angels, Lord, and most of all, help her to know how much you love her. Amen.

*\* From Christian Healing Ministries — Inner Healing and Forgiveness Prayer;  
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Quiet Reflection and Journaling ☞ April 11, 2026



During this time of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time? We then wait, listening for His response. ☞ Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart. ☞ The value of this journaling time is that we can open the door to these subtopics, and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and the scriptures included on these pages.

**Matthew 6:9-15** (NIV)

**9** "This, then, is how you should pray:

"Our Father in heaven,  
hallowed be your name,  
**10** your kingdom come,  
your will be done,  
on earth as it is in  
heaven.

**11** Give us today our daily bread.

**12** And forgive us our debts,  
as we also have forgiven  
our debtors.

**13** And lead us not into temptation,  
but deliver us from the  
evil one.

**14** For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15** But if you do not forgive others their sins, your Father will not forgive your sins.

1. The Lord's heart is always offering his forgiving love. How much do you trust His love and forgiveness in your life right now? Is there more you need to open to Him? Ask Him to reveal any resistance within you and hear what He is saying to you.
2. Are you deeply unhappy, frustrated or angry about a situation or relationship currently? Do you feel bound or restricted from thriving in God's love? Offer this to Him; what is He saying to you?
3. Do you feel distant from the Lord when you think about forgiveness in any way or about anyone, including yourself? Ask the Lord to show you His love there.

**2 Corinthians 12:9-10** (NIV)

**9** But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness. "Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. **10** That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**1 John 3:19-24** (NIV)

**19** This is how we know that we belong to the truth and how we set our hearts at rest in his presence: **20** If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. **21** Dear friends, if our hearts do not condemn us, we have confidence before God **22** and receive from him anything we ask, because we keep his commands and do what pleases him. **23** And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. **24** The one who keeps God's commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.

4. Draw a picture of where you are in the forgiveness process in relation to God and to the perpetrator. Dialog with God about your position. What would He say to you? Is there anything in your drawing that He would change?
5. What do you imagine would satisfy the debt that is owed you? What are you hoping for, holding out for? Allow the Lord to minister to you in this area. How can the Lord help you begin to release those expectations to Him?
6. How are you paying for the debt of sin that has occurred against you? Ask the Lord to give you clarity and insight. How willing are you, by faith, to receive the invitation to get 'out of the middle' trusting God to be God on your behalf? Meditate on Jesus' loving words, "Come to me, you who are heavy laden and I will give you rest."
7. Give thanks to the Lord for the shed blood that paid the debt we all owe to Him. Ask Him to help you accept, trust and be satisfied that the blood also paid the debt owed to you by the perpetrator. What fresh Insights and understanding is Jesus offering you?

## STEPS TO FORGIVENESS \*

### 1) Name what was done against you

Less effective: "My mom left when I was two, but I know she loved me, and I'm sure she must have been too immature to handle having a family."

More effective: "My mom left when I was two. I was **abandoned**, and I experienced a lot of **pain and loss as a result.**"

- a. Using the word for what really was not right will also help you forgive what really happened to you. Though you may understand why someone did something, as part of your forgiveness you do not have to excuse them or take responsibility for their choice.
- b. Naming what you suffered or experienced as a consequence for someone else's betrayal or offense will help you clearly release them from the cost of their sin to you.

### 2) At this point, we may realize we are not ready to forgive, not because we aren't willing, but because there are deeper issues that have impacted us through this relationship. We need to invite Jesus to come present to us in this situation:

- to help us sort out our feelings and understanding
- to identify losses and hurts, blessings and gifts, associated with this circumstance

### 3) Before the Lord, say that you are forgiving this person, and what you're forgiving them for.

Less effective: "Lord, help me forgive my neighbor for what she did."

More effective: "Lord, **I forgive Mrs. Smith for her negligence** in letting her dog run wild, and **causing me to be hurt** as a result."

### 4) Now, release this person from any judgment you have held in your heart toward them. We are judged in the same way that we judge others, and God's word says that He only can judge a person. On that basis, we are to release others from our judgment. We are also acknowledging that God in His mercy has given them grace and forgiveness, just as He has done for us.

### 5) Identify and ask forgiveness for any sinful ways in which you responded to the offender.

Less effective: "Lord, I'm sorry for any ways I reacted."

More effective: "Lord, **I have held a grudge** toward Mrs. Smith, and talked negatively about her to many people. I am sorry, and as **I forgive her now**, I ask that you would also **forgive me for closing my heart** to her all these years."

### 6) Receive absolution, in Christ's name, from the person you're praying with, or when you are at Communion and the words of absolution are spoken.

### 7) Is there anything more? Sometimes, as we wait on the Lord, feeling released and cleansed, there are further things to pray or receive.

- How would you want to ask God to bless those you have just prayed for?
- What requests do you have of the Lord, in terms of restoring and repairing your life?
- Ask that the Lord "seal" in you the work done in this time, and keep you in His love and freedom.

\* Written by Chris Nelson; Used by Permission