

Forgiveness Worksheet

Use this worksheet to document any person you may need to forgive. It is important to document all of them. Ask God to show them to you. We will deal with these things later. For each person on your list you should describe the thing they did to you that needs to be forgiven. Make a separate entry for each offense no matter how many there are. Many people will have multiple offenses. Later on your path to healing we will go through the forgiveness process. Right now we are just documenting those we need to forgive. If you feel like you have forgiven someone and can't decide if they should be on your list, just add them. It is best to be thorough. Keep this page handy and add to it as you continue down the path to healing.

Person to forgive

Offense – Why I need to forgive them

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.