

## **Forgiveness Exercise**

Excerpt from "Fifty-Seven Words That Change the World"

Darrell W. Johnson, Author

Page 89

**"Father in heaven, forgive us our debts, as we also have forgiven our debtors."**

**Matthew 6:12**

Allow me to now lead you in a "debt cancellation" exercise. I invite you to bring to mind the person you are having a hard time forgiving. I invite you to tell the Father the person's name. And I invite you to tell the Father exactly what this person did to you. Be honest, specific, and ruthless.

Now tell the Father what you would like to see happen to this person. Do not be afraid, he knows what is in your heart even if you do not tell him. Tell him how you want to see this person punished or shamed or hurt as you were hurt.

Now imagine standing at the bottom of a hill. On top of the hill is a cross. Jesus is hanging there. He invites you to come up the hill. What do you want to say to him? More of what you have already told the Father? Look into his eyes. Tell him how hard it is to forgive.

And now, as an act of your will, go back down the hill and invite the person who hurt you to come back up the hill with you. Bring the person to the foot of the cross. Looking at Jesus, and pointing to that person, as an act of your will say, "Jesus, grant this person what you have granted me."

And hear Jesus say, "I will. Blessed are you. You are never more like me and my Father than when you forgive. Go in peace."