



**THE 1ST STEP TO DEALING
WITH PEOPLE WHO HAVE
BETRAYED YOU**

How to Forgive People When You Deserve to be Angry: The treacherous person you don't want to forgive.

Do you struggle with forgiving people who just don't deserve it? You aren't alone. After mentoring people from all walks of life for 30 + years, I have learned the main struggle with forgiveness is it feels like you are saying what happened was OK. It wasn't!

To forgive doesn't mean you trust the person; they are not worthy of your trust. Don't trust them unless over time they have consistently proven themselves trustworthy.

Forgiveness does not justify what was done to you. It was wrong.

Unforgiveness ties you to that person and gives them power to hold you captive. It is like carrying around a dead body. Only you and the ones you love are hurt by its presence.

Forgiveness is about being set free. It's taking them off your hook of judgment and placing them on the Lord's hook, for Him to judge them. If you release that person, you are set free from the rotten corpse. You are free to walk out of the prison where their abuse shapes your identity. It is to let go of poisonous memories that replay in your thoughts as if it were still happening.

Yes! Forgiveness is about freedom so that person no longer has authority to control your life.

Keep reading for a 5 step worksheet and prayer.

WORKSHEET:

1) Choose 1 person who hurt you. Briefly write what he/she did, or didn't do, or said to hurt you. Example: He lied to me. He molested me. He stole my innocence when I was 8. If you need more space feel free to write on another sheet of paper.

2) Ask: What is the lie I believe about myself because of what he did/said? Example: I believe I am worthless. (ugly), (unlovable).

3) What is the truth? What does God say? Example: They called me a #@*%\$. Truth: God calls me beloved.

4) Give yourself permission to grieve or to be angry.

5) Choose life! To believe I am worthless is a lie. I choose to believe truth. I choose to speak truth and give thanks. I am valuable! Thank you Lord for loving me just as I am.

PRAYER:

Thank you Lord for choosing me. You love me and died to set me free. To be honest, I hate _____ (name). What he/she did was very wrong. I did not deserve that. I choose to give you my anger and hatred. Please forgive me for hating (_____) and hating myself. To be honest, I have blamed you for abandoning me and not protecting me. I forgive you for allowing it to happen. Help me forgive _____ (name). He/she doesn't deserve it. But I want to be free from him/her so I can experience your forgiveness and your love. I release him/her to you. I take him off my hook of judgment and ask you to place him/her on your hook of judgment. Please break the curse over my life and set me free from their wrong deed.

WOULD YOU LIKE TO LEARN MORE ABOUT FORGIVENESS? I'D LOVE TO HEAR FROM YOU TO KNOW WHAT AREA OF FORGIVENESS YOU ARE STRUGGLING WITH.

You can contact me at info@BarbaraHitching.com.

*God Bless,
Barbara Hitching*