

ACCOMPLISHING FORGIVENESS

14 Warning Signs that Unforgiveness Is Eating you Alive

1. You're experiencing bursts of anger
2. You're petty and impulsive
3. You're desperate to make them understand how you feel
4. You're compulsive
5. You're unable to reframe your experiences
6. You're not taking responsibility for your feelings
7. You're sick
8. You're keeping a list of offenses
9. You hate yourself
10. You replay the scene over and over...and over
11. You gossip about them
12. You're righteous and entitled
13. You exercise poor judgment
14. You refuse to confide in others

THE HIGH PRICE TO UNFORGIVENESS



Bible Verses About Forgiveness

[Mark 11:25](#) - And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." NKJV

[James 4:1-2](#) - What is the source of quarrels and conflicts among you? Is the source not your pleasures that wage war in your body's parts? NASB

[Galatians 6:7](#) – Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap. ASV

[Hebrews 9:22](#) - And according to the Law, one may almost say, all things are cleansed with blood, and without shedding of blood there is no forgiveness. LSB

[1John 1:7](#) - But if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. NASB1995

[1 Thessalonians 5:23](#) - Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. NASB1995

[Hebrews 10:23-27](#) - Let us hold fast the confession of our hope without wavering, for He who promised is faithful; 24and let us consider how to stimulate one another to love and good deeds, 25not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near. 26For if we go on sinning willfully after receiving the knowledge of the truth, there no longer remains a sacrifice for sins, 27but a terrifying expectation of judgment and the fury of a fire which will consume the adversaries. NASB1995

[Isaiah 42:19](#) - Who is blind but My servant, Or so deaf as My messenger whom I send? Who is so blind as he that is at peace with Me, Or so blind as the servant of the Lord? NASB1995

[Isaiah 11:3](#) - And He will not judge by what His eyes see, Nor make a decision by what His ears hear; NASB1995

[Psalm 19:7](#) – The law of the Lord is perfect, restoring the soul, the testimony of the Lord is sure, making wise the simple. NASB1995

[Matthew 6:14-15](#) - For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. NLT

[1 John 1:9](#) - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. NIV

[Isaiah 1:18](#) - “Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. NIV

[Micah 7:18-19](#) - Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea. NIV

[Colossians 3:13](#) - Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. NIV

[Luke 17:3-4](#) - So watch yourselves. “If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying ‘I repent,’ you must forgive them.” NIV

Prayer Of Repentance And For Forgiveness

Returning to the Forgiving Heart of God

Oh Lord, my Redeemer, I come before You with a heavy heart, weighed down by the weight of my transgressions. The weight of my sin is a burden too heavy to bear alone, and so I seek Your face, O Lord, in this time of repentance.

I acknowledge my sins, the times I have fallen short, and the moments I have chosen my way over Yours. I am truly sorry for the pain my actions have caused, not only to others but to Your loving heart as well.

God, You know my innermost thoughts, and nothing is hidden from Your sight. In Your loving kindness, You sent Your Son, Jesus, to be the propitiation for our sins. Through His sacrifice, the door to redemption and reconciliation was opened.

I ask, dear Father, for Your mercy and forgiveness. Cleanse me from all unrighteousness and create in me a clean heart, O God, and renew a right spirit within me. May Your Spirit convict and correct me, leading me back to the path of righteousness.

***Psalm 51:1-2** Have mercy on me, O God, according to Your unfailing love; according to Your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.*

***1 John 1:9** If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

Prayer of Repentance And Forgiveness

O Loving Father, Your Word says that Your mercies are new every morning. Time and again, I have come to You, in humble repentance, seeking forgiveness, and each time You've welcomed me with open arms.

Lord, I am truly humbled by Your unfailing love and the depths of Your mercy. I do not deserve Your grace, but You give it freely. Help me to truly grasp the magnitude of Your forgiveness and to walk in the freedom that it brings.

Lord Jesus, as I receive Your forgiveness, empower me to make amends where I have wronged others. Let the fruit of my repentance be evident in my actions.

Where I have caused pain, grant me the courage to apologize and the wisdom to seek reconciliation. May Your love guide my steps, and may I be an instrument of Your peace and restoration in the lives of those I've hurt.

Luke 15:10 *In the same way, I tell you, there is joy in the presence of the angels of God over one sinner who repents.*

Matthew 3:8 *Do those things that will show that you have turned from your sins.*

Living A Repentant Life

Holy Spirit, nurture in me a heart that is quick to repent and slow to sin. May I be sensitive to Your leading and promptings. Guard my heart from pride and self-righteousness, and let humility be my mantle.

Oh Heavenly Father, a repentant heart is all that You require from me. A true and sincere confession is all it takes to come back to Your wonderful graces and become anew.

Guide me daily in the ways of the Lord, that I may walk in step with Your will and purpose. Strengthen me to resist temptations and to live a life that is pleasing in Your sight.

Acts 3:19 *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.*

2 Corinthians 7:10 *Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.*

Gift Of Forgiveness

Gracious Lord, I thank You for the gift of forgiveness, a gift so precious and undeserved. I dedicate my life anew to You, vowing to honor You with my actions, words, and thoughts.

Lord Jesus, I thank You for Your [forgiveness](#). I believe Your Word which has made me understand that You have come to call all sinners to Yourself.

May my life be a testimony of Your transformative power and grace. Draw me close to Your heart, Lord, and may I always find refuge in Your mercy. In Jesus' mighty name, I pray. Amen.

2 Corinthians 7:9 *Yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us.*

Romans 2:5 *But because of your stubbornness and your unrepentant heart, you are storing up wrath against yourself for the day of God's wrath, when His righteous judgment will be revealed.*

Reference: Christians TT.com