

FORGIVENESS VERSES How to forgive those who have hurt you

PRAY FOR THEM

Matthew 5:44 “But, I say to you, love your enemies, and pray for those who persecute you.”

LOVE, AND DO GOOD TO THEM

Romans 12:9 “Let love be without hypocrisy. Abhor what is evil, cling to what is good.”

DO NOT SPEAK POORLY OF THEM

Romans 12:14 “Bless those who persecute you; bless and curse not.”

RELEASE THEM FROM YOUR PUNISHMENT

Romans 12:17-19 “Never pay back evil for evil to anyone. Respect what is right in the sight of all men. If possible, so far as it depends on you, be at peace with all men. Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, “VENGEANCE IS MINE, I WILL REPAY” says the Lord.”

DO NOT CELEBRATE THEIR FAILURES

Proverbs 24:17 “Do not rejoice when your enemy falls, and do not let your heart be glad when he stumbles.”

TREAT THEM THE WAY THAT YOU WANT TO BE TREATED

Luke 6:31 “And just as you want people to treat you, treat them in the same way.”

STOP DWELLING IN THE PAST

Isaiah 43:18 “Do not call to mind the former things, or ponder on things of the past.”