



FREEDOM THROUGH
Forgiveness

jacquecarnochan.com

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INTRODUCTION

Forgiveness is one of the greatest keys to breakthrough and freedom. Unforgiveness keeps us bound to pain, bitterness, resentment, anger, and torment. Jesus calls us to forgive not because the offense was acceptable, but because He desires freedom for our hearts.

Forgiveness **unlocks healing.**

Forgiveness **removes legal ground from the enemy.**

Forgiveness **restores peace between you and God.**

This resource is designed to help you walk through biblical forgiveness with practical prayers and reflection.



WHAT IS FORGIVENESS?

FORGIVENESS IS:

Scriptures: Colossians 3:13, Romans 12:19, Hebrews 12:15

1. A Choice of the Will

Forgiveness is not based on feelings. It is a decision you make in obedience to Jesus. "I choose to forgive." Even when emotions are still present, forgiveness begins with a decision.

2. Releasing the Debt

Forgiveness means releasing someone from what they owe you. You are choosing not to hold the offense over them anymore.

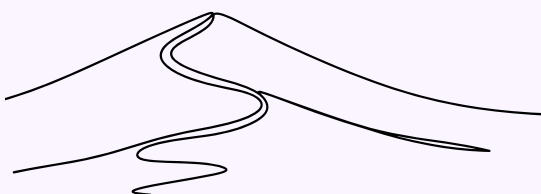
3. Giving the Person to Jesus

Forgiveness means trusting Jesus to be your defender (Romans 12:19), healer (Exodus 15:26), and righteous judge (Psalm 50:6). You no longer need revenge because God sees everything (Proverbs 15:3).

4. A Door to Freedom

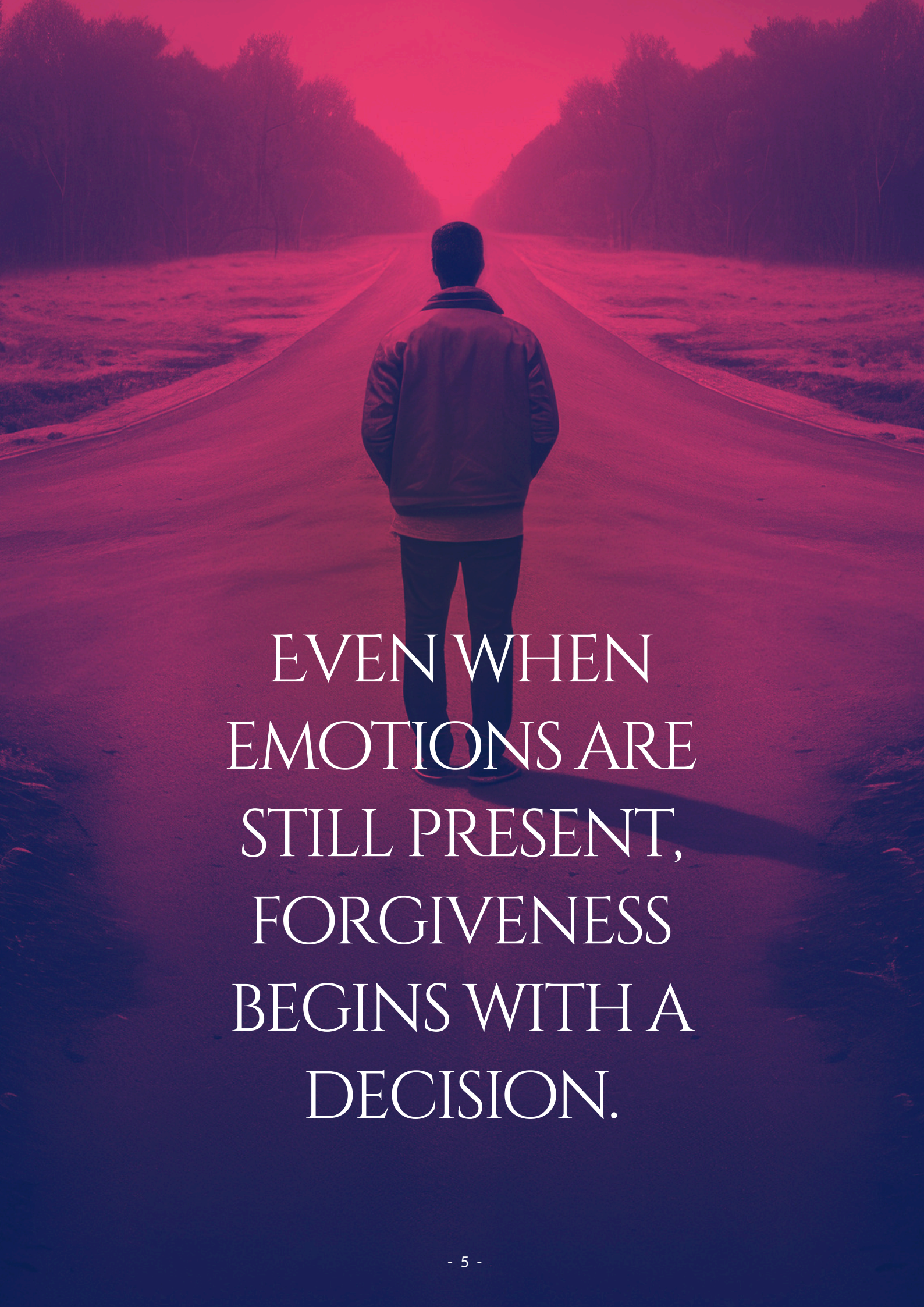
Unforgiveness creates bondage. Forgiveness brings freedom. Bitterness, resentment, anger, and torment lose their power when forgiveness is released (Matthew 18:34-35).

"SO IF THE SON SETS YOU FREE,
YOU WILL BE FREE INDEED."—JOHN 8:36



5. A Path to Healing

Forgiveness opens the door for Jesus to heal wounded places in your heart (Revelation 3:20).

A person is seen from behind, standing in the center of a long, straight road that stretches far into the distance. The road is flanked by rows of trees on both sides. The sky is a deep, vibrant red, and the overall scene is bathed in a monochromatic red light. The person is wearing a dark jacket and dark pants. The text is overlaid in the lower half of the image.

EVEN WHEN
EMOTIONS ARE
STILL PRESENT,
FORGIVENESS
BEGINS WITH A
DECISION.

WHAT FORGIVENESS IS NOT

FORGIVENESS DOES NOT:

Mean the Offense Was Okay

Forgiveness does not excuse sin or abuse.

Erase the Memory

You may still remember what happened, and healing often comes in layers.

Remove Consequences

Someone may still face natural or legal consequences for their actions.

Mean Reconciliation

Forgiveness and reconciliation are not the same thing. Trust may still need to be rebuilt. Boundaries must be set and honored.

Mean You Were Not Hurt

Forgiveness acknowledges the hurt honestly.

Mean You Feel Better Instantly

Feelings often follow obedience. Forgiveness begins as a decision before it becomes an emotion.

SIGNS YOU MAY BE STRUGGLING WITH UNFORGIVENESS

- ___ Constantly replaying the offense
- ___ Feeling bitterness, resentment, or anger when thinking about the person
- ___ Wanting revenge or justice
- ___ Gossiping or talking negatively about them repeatedly
- ___ Physical tension, heaviness, or torment
- ___ Difficulty praying for the person
- ___ Saying things like: "I'll never forgive them." or "They don't deserve forgiveness." or "What they did was unforgivable."

THE BIBLICAL PROCESS OF FORGIVENESS

Scriptures: 1 John 1:9, Colossians 3:13, John 8:36

STEP 1 — ACKNOWLEDGE THE OFFENSE

Be honest about what happened. You cannot forgive what you refuse to acknowledge.

Prayer: Jesus, I acknowledge that I was hurt by _____ when they
_____. I choose to bring this pain into the light.

STEP 2 — CONFESS UNFORGIVENESS AS SIN

Holding onto bitterness and resentment gives the enemy room to operate.

Prayer: Father, I confess the sin of unforgiveness, bitterness, resentment, anger, and judgment in my heart. I repent for partnering with these things instead of Your truth.

STEP 3 — FORGIVE SPECIFICALLY

Be specific.

Say the person's name.

Say the offense.

Forgiveness is powerful when spoken aloud.

Prayer: Jesus, I choose as an act of my will to forgive _____ for
_____. I cancel their debt to me. They owe me nothing. I give up my right to revenge, repayment, and punishment. I release them into Your hands, Jesus, as my righteous judge and defender.

STEP 4 — TEAR DOWN THE STRONGHOLD

Unforgiveness often opens the door to torment. Make sure you close it.

Prayer: In the name of Jesus, I repent, renounce, and break agreement with bitterness, resentment, anger, hatred, revenge, and unforgiveness. I revoke every legal right I have given the enemy through these sins. I command every tormenting spirit afflicting me through unforgiveness to leave now in Jesus' name. I declare that I belong to Jesus and I am free.

STEP 5 — REPLACE WITH COMPASSION

We cannot leave the heart empty. Ask Jesus to fill the place where pain once lived.

Prayer: Jesus, fill my heart with Your compassion, mercy, grace, and truth. Teach me to see people the way You see them. Help me build a godly stronghold of compassion instead of bitterness. Holy Spirit, renew my mind with truth.





SOMETIMES THE
HARDEST PERSON
TO FORGIVE IS
YOURSELF.

FORGIVING YOURSELF

"WHENEVER OUR HEART CONDEMNNS US, GOD IS
GREATER THAN OUR HEART, AND HE KNOWS
EVERYTHING."—1 JOHN 3:20

YOU ARE A NEW CREATION

Scripture: Romans 8:1, Psalm 103:12, 2 Corinthians 5:17

Prayer to Forgive Yourself

Jesus, I choose to forgive myself for _____. I let myself off the hook and give myself over to You. I break agreement with guilt, shame, self-hatred, regret, and condemnation. I command those things to leave in Jesus' name. Jesus, I receive Your forgiveness. Thank You for washing me clean. Thank You for Your mercy. Thank You for Your grace. Amen.

Healing Judgments Against God

Sometimes people become angry with God because of disappointment, pain, trauma, loss, or unmet expectations. God is perfect and sinless. The issue is often not unforgiveness toward God, but judgments and lies we have believed about Him.

Prayer to Break Judgments Against God

Father, I confess that I have held judgments against You. I repent for believing lies about Your character. I repent for judging You as _____. I renounce these lies and break agreement with them in Jesus' name. Holy Spirit, reveal truth to me. Show me who You really are. I command every spirit attached to these judgments to leave now in Jesus' name. Amen.

WHAT IF THE FEELINGS KEEP COMING BACK?

FORGIVENESS IS OFTEN A PROCESS.

Scripture: Philippians 4:6–7, Romans 12:2, 1 Peter 5:7

If painful emotions return:

- Ask the Holy Spirit if there is more to forgive
- Continue giving your emotions to Jesus
- Ask Jesus to heal the memory
- Renew your mind with truth
- Pray blessings over the person
- Continue building compassion

Prayer for Lingering Pain: Jesus, I give You every painful emotion connected to this offense. I give You the anger. I give You the grief. I give You the fear. I give You the disappointment. What do You want to give me in exchange? Fill me with Your peace, truth, comfort, and healing. Amen.

Final Encouragement

Forgiveness is not weakness.

Forgiveness is spiritual warfare.

You are not saying the pain was acceptable.

You are saying Jesus is greater than the pain.

Freedom begins when we surrender the offense to Him.

DAILY FORGIVENESS DECLARATION

I choose freedom.

I choose forgiveness.

I refuse bitterness, resentment,
revenge, and hatred.

Jesus is my defender.

Jesus is my healer.

Jesus is my righteous judge.

I release every offender into His
hands.

I will not partner with torment.

I will walk in freedom.

In Jesus' name,

Amen.



Based on themes and teaching from Episode 2 of *Hot Takes with Jacque Carnochan*, and *Forgiveness* by Rodney Hogue.

WHAT NEXT?

Freedom is often a journey, not a single moment. As you continue walking through forgiveness, healing, and freedom with Jesus, remember that you do not have to do it alone. If this resource has encouraged you, helped you break through, or revealed areas where deeper healing is needed, Jacque Carnochan would love to hear from you.

You are invited to connect with Jacque for additional teaching, encouragement, resources, and equipping in spiritual warfare, healing, deliverance, and intimacy with Jesus. Whether you are looking for next steps, prayer support, or deeper discipleship, there is room to continue the journey.

You can learn more, follow along, and reach out at jacquecarnochan.com.

And if this resource has impacted your life, consider sharing your testimony. Stories of freedom remind others that Jesus still heals, restores, delivers, and leads His people into freedom today.

