

# Teach Us to Pray

## worksheet #5

theoverflowing.com

### What you'll need:

- ▶ Something to write with
- ▶ Printout of this worksheet or a notepad or journal
- ▶ A Bible

If you haven't yet, read through my blog post  
"Teach Us to Pray: Forgive Us"  
at [www.theoverflowing.com/blog/teach-us-to-pray-forgive-us](http://www.theoverflowing.com/blog/teach-us-to-pray-forgive-us)

### Forgive Us:

- ▶ Read Psalm 130:3-4, Isaiah 43:25 and 1 John 1:9
- ▶ What are the promises in these verses?
- ▶ Do you have difficulty believing you are forgiven? Why?

---

---

---

---

---

---

---

---

---

---

- ▶ Read Psalm 32:5, Proverbs 28:13, Daniel 9:4-19, Acts 19:18-20 and James 5:15-16
- ▶ Why is confessing and asking for forgiveness important?
- ▶ Is there any confession or apology you need to give?

---

---

---

---

---

---

---

---

---

---

## ***As We Forgive:***

- ▶ Read Colossians 3:12-14
- ▶ Are there any grudges or hurts you are holding onto?
- ▶ Why is it important for us to forgive others?

---

---

---

---

---

---

---

---

---

---

- ▶ Read Matthew 5:43-48 and Luke 6:27-36
- ▶ Spend some time praying thanking God for His forgiveness. Pray for anyone you are forgiving and release them and your hurts to God. Ask God to help you love, do good to, and bless others, even when they hurt you.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---