



**CHANGE YOUR CHANNEL
FORGIVENESS
LISTENING PRAYER EXERCISE
MARCH 15, 2020**

Choose one of the questions below or take time over this next week to ask God each one of them if you like.

- Find a journal, notebook, or paper and a pen.
- Set aside 15-30 minutes.
- Begin by thanking God for all He has done in your life.
- Express your desire to move forward and grow in Him.

Ask on paper, one of the following questions, beginning a dialogue with God:

1. God is there anyone that I have not yet forgiven? What is one thing I can do today to release that to you?
2. God is there something I need to confess to another person in the area of unforgiveness so they can agree with me in prayer? How would you like me to do that? Who is someone you think I could do that with?
3. God, are there any unhealthy things that have been planted in my life because of unforgiveness? What can I do to overcome them?

Record your dialogue in conversation format.

Your Question:

God's Response:

Your response and maybe another question:

God's response:

Ask God about a course of action if applicable:

God's response:

Keep going until you feel the conversation is completed.