

Basket prayer

All information taken from the [One Whole Heart Program by Chuck De Vetter](#).

1. Picture yourself with Jesus. Then pray:
“Jesus, I have this basket. I am going to place in the basket everything You bring to my mind that I need to forgive right now.”
2. Imagine putting all the people, places, events, and things that hurt or harmed you into the basket.
3. When you are finished, repeat the following prayer out loud:
“Jesus, I choose to forgive everyone and everything I placed in the basket. I forgive everything they said or did, failed to say or failed to do that hurt or harmed me, or any curse word they spoke over me. I choose to forgive them for not loving me unconditionally like you do, Jesus, but loving me based on what I do instead of who I am.

Jesus, I ask forgiveness for my unforgiveness and any judgement towards these people. It's as much a sin as what they did to me. I release them from all expectations. They owe me nothing. I choose to bless them, and I ask that You bless them, Father. I place all these things under the blood of the cross, totally severed from my life and completely forgiven. Amen.”

4. Then ask Jesus if there are any lies you believe because of this incident. Write down what comes to your mind. The voice of the Holy Spirit is gentle and non-intrusive. He comes like quick, spontaneous impressions, thoughts, images. Pay attention to what surfaces and write it down.
5. When you have all the lies written down, repeat the following out loud:
“Jesus, I ask forgiveness for believing the (insert the lie). I renounce and reject the lie(s) and place it under the blood of the cross, severed from my life. Father, what is your truth?”
6. Then write down the truth you hear. Look for verses in scripture to verify God's truth.