

prayer of

FORGIVENESS

Father, thank You for the forgiveness that You extended me at the cross. Without the shedding of Your blood, there would be no forgiveness of sin. Thank You that because of Your death and resurrection, I now have Your Spirit living inside of me. Through that Spirit, I am able to do what seems impossible in my own strength. It is in that strength I come before You now and ask You to empower me to uproot the unforgiveness that has taken root in my heart.

Your Word commands me to forgive my enemies... those who have hurt and betrayed me...to forgive as You have forgiven me. Lord, this seems impossible. But in You, I know it is possible. Help me in my unbelief. Allow me to surrender the unforgiveness I harbor in my heart against _____. Help me to forgive from the depths of my heart. I accept that in my own strength, I cannot do this. But I know I can do all things through Your Son, Jesus, Who strengthens me. And thank You that because I have confessed this unforgiveness, You have forgiven it and will remember it no more.

Give me eyes to see _____ the way You see him/her...the broken, hurting, unhealed person that she/she is. Take my eyes off my own pain and hurt and keep them fixed on You and You alone.

Father, this is so hard! Help me surrender all my expectations for judgment, for retribution, for punishment, and for justice to You. You alone are Judge. Help me trust in You and You alone to make things right.

Father, help me speak the following words of forgiveness from my heart and mean them now and forever!

_____, I forgive you. I forgive every hurt you have committed against me. [Be specific here.] I accept you for who you are and will no longer expect from you what you cannot give or provide. I will no longer expect you to change. I will no longer demand from you what you are incapable of giving. I will look to God and God alone to provide for my every need. I will no longer allow you to hurt me. You no longer will have power over my life. I ask my Jesus to enable me to pray for you, expecting nothing in return.

Father, thank You for hearing my prayer and for enabling me to fully forgive _____. Thank You that I am no longer bound up in unforgiveness and that Your truth spoken in Love has set me free. I am now free to be Your vessel and live the abundant life that You have planned for me.

I ask all this in Jesus' powerful, life-giving Name.

A M E N .