

The Forgiveness Prayer

In the following prayer most of the significant areas will be covered. Often such a prayer will bring to mind other areas that need forgiveness. Let the Holy Spirit move freely and guide your mind to persons or groups that you need to forgive.

Lord Jesus Christ, I ask today to forgive everyone in my life. I know that You will give me strength to forgive, and I thank You that You love me more than I love myself and want my happiness more than I desire it for myself.

Lord Jesus, I want to be free from the feelings of resentment, bitterness and anger toward You for the times I thought You sent death, hardships, financial difficulties, punishments and sickness into our family.

Lord I forgive *myself* for my sins, faults and failings. For all that is truly bad in myself or all that I think is bad, I do forgive myself. For any delvings in the occult, Ouija boards, horoscopes, séances, fortune telling, lucky charms; for taking Your name in vain; for not worshiping You; for hurting my parents; for getting drunk; for taking dope; for sins against my purity; for adultery; for abortion; for stealing; for lying—I am truly forgiving myself today. Thank You Lord for Your grace at this moment.

I truly forgive *my mother*. I forgive her for all the times she hurt me, resented me, was angry with me and for all the times she punished me. I forgive her for the times she preferred my brothers and sisters to me. I forgive her for the times she told me I was dumb, ugly, stupid, the worst of the children or that I cost the family a lot of money. For the times she told me I was unwanted, an accident, a mistake or not what she expected, I forgive her.

I forgive *my father*. I forgive him for any nonsupport, any lack of love, affection or attention. I forgive him for any lack of time, for not giving me his companionship, for his drinking or arguing and fighting with my mother or the other children. For his severe punishments, for desertion, for being away from home, for divorcing my mother or for any running around, I do forgive him.

Lord, I extend forgiveness to *my sisters and brothers*. I forgive those who rejected me, lied about me, hated me, resented me, competed for my parents' love, those who hurt me, who physically harmed me. For those who were too severe on me, punished me or made my life unpleasant in any way, I do forgive them.

Lord, I forgive *my spouse* for lack of love, affection, consideration, support, attention, communication, for faults, failings, weaknesses and those other acts or words that hurt or disturb me.

Jesus, I forgive *my children* for their lack of respect, obedience, love, attention, support, warmth, understanding; their bad habits, falling away from the church, any bad actions which disturb me.

My God, I forgive *my in-laws—mother, father, son or daughter-in-law, sister and brother-in-law* and other relatives by marriage. For their lack of love, words of criticism, thoughts, actions or omissions which injure and cause pain, I do forgive them.

Please help me to forgive *my relatives*, my grandmother and grandfather who may have interfered in our family, been possessive of my parents, who may have caused confusion or turned one parent against the other.

Jesus, help me to forgive my *co-workers* who are disagreeable or make life miserable for me. For those who push their work off on me, gossip about me, won't cooperate with me, try to take my job, I do forgive them.

My *neighbors* need to be forgiven, Lord. For all their noise, letting their property run down, not tying up their dogs which run through my yard, not taking in their trash cans, being prejudiced and running down the neighborhood, I do forgive them.

I now forgive my *bishop, pastor, my congregation and my church* for all their lack of support, pettiness, bad sermons, lack of friendliness, for losing their temper, for unfair decisions, for causing division or rejection, for not affirming me as they should, for not providing me with inspiration, for failing to visit my family members, for not inviting me to serve in a major capacity, and for any other hurt they have inflicted, I do forgive them today.

Lord, I forgive all *professional people* who have hurt me in any way—doctors, nurses, lawyers, policemen, hospital workers. For anything that they did to me, I truly forgive them today.

Lord, I forgive my *employer* for not paying me enough money, for not appreciating my work, for being unkind and unreasonable with me, for being angry or unfriendly, for not promoting me and for not complimenting me on my work.

Lord, I forgive my *schoolteachers and instructors* of the past, as well as the present. For those who punished me, humiliated me, insulted me, treated me unjustly, made fun of me, called me dumb or stupid, made me stay after school.

Lord, I forgive my *friends* who have let me down, lost contact with me, do not support me, were not available when I needed help, borrowed money and did not return it, gossiped about me.

Lord Jesus, I especially pray for the grace of forgiveness for that *one person* in life who has *hurt me the most*. I ask to forgive anyone who I consider my greatest enemy, the one who is the hardest to forgive or the one whom I said I would never forgive.

Thank You, Jesus, that I am free of the evil of unforgiveness. Let Your Holy Spirit fill me with light and let every dark area of my mind be enlightened.

Amen.

As stated previously, forgiveness is an act of the will, not a feeling. Forgiveness is a life-long obligation. Daily we need to forgive those who hurt or injure us. "Then Peter came up and said to him, 'Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?' Jesus said to him, 'I do not say to you seven times, but seventy times seven'" (Matt. 18:21-22).