

FORGIVENESS PRAYER

FORGIVENESS: *"And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins"* (Mark 11:25). When Jesus is at the center of our lives we can expect His reconciliation within ourselves, and with others. The Holy Spirit will not let us off the hook in our broken relationships, nor will He expect us to forgive in our own power. He will do it through us, as we let Him.

Make a decision to be reconciled with the people in your life. Resolve to set them free, and set yourself free. Life is too short and too precious to waste being trapped and bound in the chains of unforgiveness. Let it go, today. You won't be sorry. Forgiveness begins with a decision; the emotions will follow.

A prayer covering some basic areas of life is included to help bring to mind buried anger, bitterness and resentment that need to be released through forgiveness. (As you slowly and reflectively pray the following prayer, pause quietly in each category and allow the Holy Spirit to bring specific people or situations to mind.) (5 minutes)

FORGIVENESS PRAYER

"In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace that He lavished on us with all wisdom and understanding" (Ephesians 1:7-8).

Loving Father, I choose to forgive everyone in my life, including myself, because you have forgiven me. Thank you Lord, for this grace. I forgive myself for all my sins, faults and failings, especially _____.

I forgive myself for not being perfect, I accept myself and make a decision to stop picking on myself and being my own worst enemy. I release the things held against myself, free myself from bondage and make peace with myself today, by the power of the Holy Spirit.

I forgive my MOTHER for any negativity and unlove she may have extended to me throughout my life, knowingly or unknowingly, especially _____. For any abuse of any sort I do forgive her today. For any way that she did not provide a deep, full, satisfying mother's blessing I do forgive her today. I release her from bondage and make peace with her today.

I forgive my FATHER for any negativity and unlove he may have extended to me throughout my life, knowingly or unknowingly, especially _____. For any and all abuses, unkind acts, hurts, and deprivations I do forgive him today. For any way that I did not receive a full, satisfying father's blessing I forgive him today. I release him from bondage and make peace with him today.

I forgive my SPOUSE for any negativity and unlove extended throughout our time together, especially _____. For all the wounds of our relationship I do forgive my spouse today. I release my spouse from bondage and make peace between us today.

I forgive my CHILDREN for any hurts, especially _____. I release them from bondage and make peace with them today. Bless them Lord.

I forgive my SISTERS and BROTHERS for any negativity and unlove, especially

_____.

I forgive my BLOOD RELATIVES for any abuses, especially _____.

I forgive my ANCESTORS for any negative actions that affect my life today and make it harder for me today to live in the freedom of a child of God. I release them from bondage and make peace with them today, in Jesus' name.

I forgive my FRIENDS for any actions of negativity and unlove, especially

_____. For any time they abused our relationship or led me astray, I do forgive them. I release them from all bondage and make peace with them today, in the power of the Holy Spirit.

I forgive my EMPLOYERS of the present and the past for any negativity and unlove, especially

_____. I release them from all bondage and pray a blessing on them today, in Jesus' name.

I forgive all SCHOOL TEACHERS for any negative, abusive actions, especially

_____.

I forgive LAWYERS, DOCTORS, NURSES, and other professionals, especially

_____.

I forgive CLERGY and all representatives of the church, especially

_____. I release them all, in Jesus' name.

I forgive every member of SOCIETY who has hurt me in any way; those who have hurt me by criminal action or who have harmed my family. I forgive all in public life that has passed laws opposing Christian values. I forgive all the unfair, anonymous sources of pain and annoyance in my life.

Heavenly Father I now ask for the grace to forgive the ONE PERSON IN LIFE WHO HAS HURT ME THE MOST. The one who is the hardest to forgive, I now choose to forgive, though I may still feel angry and hurt. I also make peace with the one family member, the one friend and the one authority figure who has hurt me the most.

Lord, is there anyone else I need to forgive? (Be still and listen.) Thank you, loving Father, for setting me free.

I now pray a blessing on those who have hurt me. Lord, do something special for each of them today. Thank You, Lord. I praise you. Amen.

(Lk 17:4, Eph 4:31-32, Col 3:13, Mt 6:14, Mt 5:44, Lk 6:35, C 5:14, 1 Th 3:12, 1 Pe 4:8, 1 Jn 4:12, Mt 26:28, 2 Ti 2:24, Tit 3:2, J 3:17, 1 Pe 1:22)