

Forgiveness Prayer

Instructions: Verbally share every hurt and pain the Lord brings to your mind and how it made you feel without rationalizing*. See example below.

Example: Father in the name of Jesus, I forgive my **Dad** for causing me to feel **inadequate** by taking the hammer out of my hand and not allowing me to finish hammering the nail.

Father, in the name of Jesus, I forgive _____ (*Name*) _____ for causing me to feel:

Abandoned	Humiliated	Suicidal
Angry	Impaired	Suspicious
Anxious	Incompetent	Tainted (not pure)
Bitter	Inferior	Ugly
Broken	Insignificant	Unappreciated
Confused	Intimidated	Unloved
Dirty	Invalidated	Violated
Doubtful	Jealous	Worthless
Embarrassed	A Mistake	
Exposed	Overwhelmed	
Failure	Powerlessness	
Fearful	Rebellious	
Flawed	Rejected	
Guilty	Resentful	
Hateful	Shameful	
Hopeless	Sleazy	

Father, I repent for harboring in my heart these negative emotions of unresolved anger, unforgiveness, bitterness, pride, and critical judgments against (*Name*). Father I now release (*Name*) to you and I forfeit my right to seek revenge. I choose not to hold on to any anger, bitterness or resentment.

Jesus, I now release these emotions to you and ask You to heal my heart with your love. I desire to see and love (*Name*) the way You do, through the fruit of the spirit of love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

Thank you for healing my damaged emotions, I desire to be changed by Your spirit into the person of God You have created me to be. Thank You that I see and love myself the way you do.

***Rationalization - minimizing, making excuses for, or intellectualizing feelings about the incident**

And Jesus called a **little child** unto him, and set him in the midst of them, And said, Verily I say unto you, Except ye be converted, and become as **little children**, ye shall not enter into the kingdom of heaven. Whosoever therefore shall **humble himself as this little child**, the same is greatest in the kingdom of heaven. And whoso shall receive one such little child in my name receiveth me. (Matthew 18:3-5)

Confess your faults one to another, and **pray one for another**, that ye **may be healed**. The effectual fervent prayer of a righteous man availeth much. (James 5:16)

And be ye kind one to another, tenderhearted, **forgiving one another**, even as God for Christ's sake **hath forgiven you**. (Ephesians 4:32)