

## 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:

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

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, so that I can 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)