

PRAYER OF FORGIVENESS

Dear God,

I know you command me to forgive (Colossians 3:13b). I understand I must forgive others in order for you to forgive me (Matthew 6:15).

I know you help me obey your commands (Philippians 2:13), and I trust you will help me to forgive. I believe your hand will guide me and your strength will support me. (Psalm 139:10).

Although I can't see your eyes, ears, or mouth, I know you can see, hear, and speak to me. I believe you saw me when this happened to me. I believe you hear me now. Therefore, you know that I don't want to hold onto this offense any longer.

I choose to forgive [*name the offender*] for [*name the specific offense*].

I acknowledge that *his/her* sins and the results of *his/her* actions affected my life and made me feel [*list negative emotions experienced*].

I now release [*name the offender*] and the sins *he/she* committed against me to you, the only righteous judge.

In Jesus's name, I renounce all influences of evil that came through the sins committed against me and through harboring unforgiveness in my heart. Restore me to wholeness and cancel the effects of the sins committed against me. Heal my memories of these past events so that when I think about what happened, I won't experience overwhelming negative feelings toward [*name the offender*].

Thank You, God, for helping me forgive, for healing me from the pain, and for setting me free. Amen.