

Forgiveness Prayer

(healing through forgiveness)

Extending Forgiveness

Father, You have made it clear that You desire for me to have the healing and freedom that forgiveness brings. You call me to forgive so I can receive Your forgiveness.

Therefore, I choose to forgive _____ for _____.

(Tell God what happened and how their offense impacted you emotionally, practically, spiritually)

I release _____ from any debt that I thought they owed me. I let go of any judgement, condemnation, or punishment that I wanted them to have.

I turn _____ over to You. Father, I pray that You fill me and heal me from any wounds caused by this offense.

Specifically, I ask for _____ (ask for anything you feel you need as you heal). I pray for Your strength, comfort, and reminders of how much You love me as I heal.

Help me to have compassion and mercy for _____. I pray that You _____ (name ways you would like God to bless them).

In the name of Jesus I pray. Amen.

Receiving Forgiveness

Father, You have made it clear that You desire for me to have the healing and freedom that forgiveness brings. You call me to receive forgiveness from You and from other people.

Specifically, I confess _____.

I confess that sometimes I believe my sins are too great to be forgiven. I hold onto judgement, punishment, and condemnation against myself even when forgiveness has been extended.

I choose to receive Your forgiveness. I believe You desire for me to have mercy and compassion.

Please help me to (any change you would like to make as you turn away from this sin)

When I return to You, I am embraced as the prodigal son was embraced by his father. You are happy when I repent and receive grace. This allows me to be close to You.

Father, fill me with Your Spirit and a deeper understanding of Your grace and mercy.

In the name of Jesus I pray. Amen.