



## Prayer to Forgive

Heavenly Father, teach me Your ways, that I may walk in Your truth. Please reveal to me all the people that I need to forgive and help me forgive them. I lift up to You, all the difficult people and situations in my life. In Jesus' name, I choose to forgive them for upsetting me, for rejecting me and for hurting me. I forgive them for making me feel so alone, so unloved, so guilty, for causing me so much pain, and for demanding too much from me. In Jesus' name I forgive them for making me feel afraid, worthless, and bitter. I also ask you, Father, to forgive them for doing these things to me.

I ask that you forgive me, for holding a judgement against each one of them, for holding in my heart anger, resentment, and bitterness towards these people. I know that this is sinful and I choose to repent. Father, I ask You to forgive me, that at times I have blamed You, for things that went wrong in my life, things that were not Your fault. I know that You have loved me with a steadfast love, that You were always with me, even when I didn't feel Your presence, and that You hate what Satan has done in my life. I'm sorry that I didn't trust You and didn't believe that You cared for me. Jesus, please reveal to me all the people who hurt me and help me forgive them.

**Commentary:** At this moment, ask Jesus to reveal to you all the people who have hurt you, and ask Him to help you forgive them. Whenever a name or an image of any such person appears in your minds, repeat the words: "Jesus, in Your name I forgive...(the name of a person) for doing... or for saying ... ". Next, pause for a second until Jesus shows you another person to continue your prayer of forgiveness, and then repeat the same prayer.

Repeat this prayer whenever you find in your hearts a need to forgive someone. The fruit of forgiveness is peace and freedom. The forgiveness we extend through Jesus to someone will not only help us, but can also transform their hearts.