

FORGIVING - PRAYER GUIDE

Prayers guide our thoughts and hearts toward forgiveness. Here are some prayers you might use.

BLESS Prayer

B – Body: Pray for health, protection, and strength.

L – Labor: Pray for work/school, financial security, and daily tasks.

E – Emotional: Pray for joy, peace, hope, and emotional well-being.

S – Social: Pray for relationships, including family, friends, and community.

S – Spiritual: Pray for their spiritual growth and connection to God.

A Prayer for Forgiveness

Father,

Thank You that You are a God who forgives.

You know every sin we have committed, every word we wish we could take back, every person we have hurt, and every failure we wish we could undo. Yet You do not turn away from us. Through Jesus Christ, You have carried our debt, covered our sin, and offered us complete forgiveness.

Lord, help us to receive Your forgiveness.

When guilt and shame cause us to hide from You, remind us that there is no condemnation for those who are in Christ Jesus. Help us believe what You have said about us rather than what our feelings tell us.

And Father, because You have forgiven us, teach us to forgive others.

You know the people who have hurt us.

You know the offenses we can easily remember and the ones we continue to replay in our minds. You know the wounds that are still painful. We confess that sometimes we want others to pay for what they have done. Sometimes we want justice on our terms.

Sometimes we say we have forgiven while continuing to hold the debt against them.

Forgive us.

Give us the grace to release our need for revenge and to entrust justice to You. Help us not to keep a record of wrongs or rehearse offenses in order to keep our anger alive. When the memories return, give us the strength to choose forgiveness again.

We cannot do this in our own strength.

So, Holy Spirit, do in us what we cannot do for ourselves. Create in us a clean heart. Renew a steadfast spirit within us. Give us the mind of Christ and the heart of Christ.

Help us see the people who have hurt us as You see them—not simply as offenders, but as people who need Your grace just as we do.

And Father, where we have been the ones who have caused hurt, give us humility to admit it. Keep us from making excuses, minimizing our actions, or waiting for someone else to make the first move. Give us courage to say, **"I was wrong. Will you forgive me?"**

Teach us that forgiveness does not mean pretending that wrong was never done. It does not mean ignoring wisdom or removing appropriate boundaries. But help us release the debt to You and trust You with the things we cannot make right ourselves.

Lord, remind us of the cross.

When we struggle to forgive, remind us of how much You have forgiven us.
When we struggle to receive forgiveness, remind us that Christ has already paid our debt.
When we struggle to admit that we were wrong, remind us that Your grace is greater than our sin.

May our forgiveness of others become a testimony to the forgiveness we have received from You.

"As the Lord has forgiven you, so you also must forgive."

Father, make us people who receive grace freely, extend grace generously, and live in the freedom that comes from knowing our debt has been canceled.

We ask this through Jesus Christ,
who loved us, died for us, and forgave us.
Amen.