

Forgiveness Prayer

Dear God,

I am hurt/angry at myself or others (insert names; be specific) for _____.
(Take the time to express specifically the hurt, anger, and other feelings that have happened.
Spend as much time as necessary to cleanse out this wound.)

I forgive myself or others (insert names; be specific) for _____.

I confess that I have judged myself and others (insert names; be specific) in the following ways:
_____ (again, be specific).

I turn from these judgements and instead pray blessings upon myself, him or her. I ask that you
bless me and others _____ (insert names; be
specific) in the following ways: _____ (be as specific as possible here).

I choose not to agree with the accuser against myself and others _____ (insert
names; be specific). Instead, I agree with you Jesus, the One who lives to make intercession for
me and others _____ (insert names; be specific). I join you Jesus in intercession.

Lord, I give You permission to take this judgement and bitterness out of my heart. I surrender this
to You and ask You to remove it from my heart. Please heal me where I have been wounded and
forgive me where I have sinned. _____ (Be specific here as well.)

Thank you for this opportunity to grow in Your likeness. To love the way that You love. I ask that
you give me the ability to love myself and others _____ (insert
names; be specific) the way that You do. To see myself, him or her the way that You do.

I choose not to blame or hold the actions of myself or others _____ (insert
names; be specific) against them. I hereby surrender my right to be paid back for my loss, and in
doing so, I declare my trust in You God, alone, as Righteous Judge. Father God, again I ask that
You would bless us _____ (insert
names; be specific) in every way.

In Jesus' Name, Amen