

A Forgiveness Prayer

Heavenly Father, you are a “God ready to forgive, gracious and merciful, slow to anger and abounding in steadfast love,”¹ Nehemiah 9:17). I love you for joyfully forgiving me, even though my forgiveness came at the cost of the blood of your beloved Son. Thank you for loving me this much.

I confess the unforgiveness I have held in my heart toward _____, who has hurt me deeply. I am angry at _____ for _____. These sins against me have cost me _____.

I am broken-hearted over these losses, and I pour out my heart to you because you are the Father of mercies and God of all comfort, and you will wipe every tear from my eyes.²

(Take as much time as necessary to tell the Lord your sorrows and to grieve with Him. The Lord is near to the broken-hearted and saves those who are crushed in spirit.³)

Lord, I do not have the power to forgive _____. Please pour your Holy Spirit into me with your forgiving love so I can forgive.

Jesus, I stand before your cross. I see you in your suffering, and I thank you for sharing my pain with me, just as you promised to bear our griefs and carry our sorrows.⁴ I release and renounce my anger, bitterness, hatred, and unforgiveness toward _____. Please let these feelings flow out of me and into your body on the cross.

(Take time to allow these heavy, painful feelings to flow into Jesus, where His suffering absorbs all of God’s anger over sin and where He shares your suffering.)

I see, Lord, that your suffering covers _____’s sins as well as mine, and I am content to have it be so. I forgive _____ for _____. Please, Father, will you also forgive _____ so that _____ will not have to suffer the eternal consequences of these sins when he/she faces you on the day of judgement. And please forgive me for my anger, bitterness and unforgiveness. Please fill me with your love.

Thank you, Father, for giving me your Holy Spirit and enabling me to forgive. Thank you for the freedom and healing my heart will experience as a result of this forgiveness.

Please continue to work in me so that I can one day soon pray blessings upon _____.

¹ Nehemiah 9:17

² 2 Corinthians 1:3; Isaiah 25:8

³ Psalm 34:18

⁴ Isaiah 53:4

Father, I trust you with the wounds and losses I have suffered because of this person's sins. Please heal my body, restore my soul, strengthen my spirit, and renew my mind. Thank you that you have the power to use all things for my good, and I ask you to do this for me. ⁵

Thank you, Father. Amen.

⁵ Romans 8:28