



## Forgiveness Prayer

Heavenly Father, without Your help I am powerless to forgive \_\_\_\_\_. My flesh wants vengeance, yet I know it is Your will that I forgive. In fact, You have said in Your Word that if I do not forgive those who offend or hurt me, You will not forgive me when I offend and hurt others.

Because You have chosen to forgive me of all my sins, demonstrating Your great love for me, I choose right now to forgive \_\_\_\_\_ my offender. I choose to release \_\_\_\_\_ into Your hands, giving up every "right" to harbor any resentment against \_\_\_\_\_. I turn \_\_\_\_\_ completely over to You.

Fill me with Your grace, Your power and ability, so that I do not dwell on the thoughts and feelings of unforgiveness as they resurface. Help me to bring my thoughts and emotions continually into alignment with my choice to forgive. Guide me as I strive to build a stronghold of compassion towards \_\_\_\_\_. Set a guard over my heart and a watch over my lips, so that no root of bitterness will grow.

When \_\_\_\_\_ comes to my mind, strengthen me by the power of Your Holy Spirit to release blessings upon \_\_\_\_\_ rather than speaking negatively about \_\_\_\_\_, gossiping or slandering them. Right now, I declare Your blessing on \_\_\_\_\_'s life.

Thank-You, Father, for Your enabling grace and unending mercy. In Jesus' Name, Amen.  
*(Prayer adapted from "Forgiveness" Rodney Hogue)*

## Forgiveness Scriptures

Matthew 6:14-15 After Jesus taught His disciples how to pray what is known as the "Lord's Prayer" Jesus said, ***"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."***

The parable of the unforgiving servant helps us to understand the consequence of unforgiveness is being put into a spiritual prison where the enemy is given a right to torment you. The torment can take on many different forms – mental, emotional, physical, and circumstantial. (See Matthew 18:21-35)

Matthew 18:34-35 In this parable Jesus said, ***"And his master was angry, and delivered him to the torturers until he should pay all that was due to him. "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."***