

Forgiveness Prayer

Father, in the name of Jesus, I forgive _____ (*Name*) _____ for causing me to feel,
 _____ (List Incidents without rationalization*), (verbally share every hurt and pain that Jesus brings
 to your mind and how it made you feel.)

Example: Father in the name of Jesus, I forgive my **Dad** for causing me to feel **inadequate** by taking the hammer out of my hand and not allowing me to finish hammering the nail.

Abandoned	Humiliated	Suicidal
Angry	Impaired	Suspicious
Anxious	Incompetent	Tainted (not pure)
Bitter	Inferior	Ugly
Broken	Insignificant	Unappreciated
Confused	Intimidated	Unloved
Dirty	Invalidated	Violated
Doubtful	Jealous	Worthless
Embarrassed	A Mistake	
Exposed	Overwhelmed	
Failure	Powerlessness	
Fearful	Rebellious	
Flawed	Rejected	
Guilty	Resentful	
Hateful	Shameful	
Hopeless	Sleazy	

Father, I repent for harboring in my heart these negative emotions of unresolved anger, unforgiveness, bitterness, pride, and critical judgments against (*Name*). Father I now release (*Name*) to you and I forfeit my right to seek revenge. I choose not to hold on to any anger, bitterness or resentment.

Jesus, I now release these emotions to you and ask You to heal my heart with your love. I desire to see and love (*Name*) the way You do, through the fruit of the spirit of love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

Thank you for healing my damaged emotions, I desire to be changed by Your spirit into the person of God You have created me to be. In Jesus name, Amen.

***Rationalization - minimizing, making excuses for, or intellectualizing feelings about the incident**

And Jesus called a **little child** unto him, and set him in the midst of them, And said, Verily I say unto you, Except ye be converted, and become as **little children**, ye shall not enter into the kingdom of heaven. Whosoever therefore shall **humble himself as this little child**, the same is greatest in the kingdom of heaven. And whoso shall receive one such little child in my name receiveth me. (Matthew 18:3-5)

Confess your faults one to another, and **pray one for another**, that ye **may be healed**. The effectual fervent prayer of a righteous man availeth much. (James 5:16)

And be ye kind one to another, tenderhearted, **forgiving one another**, even as God for Christ's sake **hath forgiven you**. (Ephesians 4:32)