

*The Fort Christian Psychiatric Center*  
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## PRAYER OF FORGIVENESS

Lord Jesus, I am powerless to forgive. My flesh wants vengeance, yet I know it is Your will that I forgive. Lord, I need Your help with this because I can't do it without You. But, I know that I can do ALL things with Your help and Your strength.

You teach me in Your Word that if I don't forgive those who offend or hurt me, my Father in heaven will not forgive me when I offend and hurt others. ([Matthew 6:15](#))

In the same manner that You have forgiven me of all my offenses, I choose right now to forgive my offender. I release \_\_\_\_\_ into your hands. I give up every "right" to harbor any resentment.

I turn \_\_\_\_\_ completely over to You and declare Your blessing on his/her life. Give me the grace to renew my mind as I refuse to dwell on the feelings of unforgiveness if/when they resurface.

I bring my emotions into alignment with my choice to forgive. Guide me as I strive to build a stronghold of compassion. Guard my heart, so that no root of bitterness, resentment or hate can grow.

Thank You, Father, for Your enabling Grace and unending Mercy. I thank You that I am victorious in forgiving!

In Jesus' Name I pray, Amen.