

Forgiveness Prayer

Lord I choose to forgive.....(name the person)

For.....(what they did or failed to do)

Which made me feel.....(tell the Lord every hurt and pain He brings to your mind)

I hand over this person to You, believing that You paid for their sin as well as mine when You died on the cross.

I choose not to hold on to my resentment any longer.

I ask you to bless.....(name the person)

Please come and heal my damaged emotions.

In Jesus' name.

Amen.

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