

## Forgiveness Prayer

Lord, I thank you for the grace and forgiveness you have extended to me. I am very grateful for your ongoing love.

In obedience to your word and in the power of the Holy Spirit, I now choose to forgive (say the person's name).

I forgive him/her for ... (mention specific memories or events).

Dear God, tear down the bridge of bitterness that connects me to him/her.

Fill me with your Spirit and your love. Thank you for setting me free!

And then, when the memory of that event returns, you just keep reaffirming before the Lord your decision to forgive.

Or, if they offend you again, you forgive them for that incident too. You do it, not because they deserve it, but as an act of love for the Lord and because you want to be in a right relationship with Him. You want to be emotionally healthy and free!