

Forgiveness Prayer Template

Forgiveness is a practice commanded by Jesus. He taught us that we are to forgive as we have been forgiven (Matt.6 & 18). As we forgive, we not only act in obedience to Jesus, but we begin to move towards personal healing, healing in our relationships, as well as bring right order to our relationship with God. We should then be actively working to forgive any time we feel offence or hurt from others, be this offence or hurt from present day situations, or offence and hurt from our pasts.

Below is a suggested framework for you to use to use as you seek to forgive others. In addition, there is a prayer of repentance to pray as we consider the ways unforgiveness has led to our own sinful behaviour. Use these in a personal time of quiet, or in the company of some close friends.

Before you begin, take time in quiet. Still your heart before the Lord and allow yourself to become more aware of the Holy Spirit's presence with you. Allow yourself to remember your hurt, and the one who has offended/hurt you, and then pray the following:

Forgiving others: Father, thank-You for Your promise to forgive me my sins as I forgive those who have sinned against me (Matt. 6:12). Lord Jesus, thank-You for dying that I might be forgiven (2 Cor. 5:21).

Father, I choose to forgive (name the person) for (say what they did or failed to do...) and the consequences this has had over my life. When that happened I felt: (speak out how you felt). I choose to release (name the person) into the freedom of my forgiveness and from my judgment, releasing him (or her) from my judgement and demands and putting him (or her) into Your Just and Merciful hands.

In Jesus' Name. Amen

Repent of sinful behaviour: Father, I come to You, through Jesus to confess and repent of: (ungodly reaction to hurt) Thank You God that as I repent my sins are as far as the east is from the west, so far have You removed my transgressions from me. Ps. 103:12/1 John 1:9

Passages on forgiveness

Ephesians 4:32 Be kind to one another, tender hearted forgiving one another, as God in Christ forgave you.

Matthew 6:14,15 For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Mark 11:25-26 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.

Colossians 3:13 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.

Proverbs 17:9 Whoever covers an offense seeks love, but he who repeats a matter separates close friends.

Ephesians 4:26-27 Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

