

Sample Prayers to Forgive Others, God and Yourself

Forgiving others:

Lord Jesus, _____ has wounded me by _____. I really don't feel like forgiving. In my flesh, I want to retaliate. However, since forgiveness is for me, I would like to ask the Holy Spirit to help me forgive _____ from my heart.

_____ I forgive you for _____.

Lord, I do not want to hold on to bitterness and anger. Take my hurt to the cross and help me cancel the debt I have against _____. If I crossed the line and judged this person for what they did, please forgive me for that. I receive your forgiveness now and choose to walk in your unmerited favor and grace. In Jesus' name. Amen.

Forgiving God:

God, I became angry at you and judged you when you did not _____. I have been harboring unforgiveness in my heart and not wanting to admit it. By the power of the Holy Spirit, I choose to forgive you and release all my anger, bitterness, disappointment, and sorrow to the cross today. I also ask you to forgive me for judging you. Thank you for forgiving me and giving me a new relationship with you. In Jesus' name. Amen.

Forgiving yourself:

Lord Jesus, when I sinned against you by _____ I felt like I could never be forgiven. I have judged myself to be a bad person. I have been angry at myself and consequently have not only hurt myself but others as well, by my own self-condemnation. I've been beating myself up for years. I am grateful to know that you don't condemn me. (State your name outloud) _____ I forgive you for _____. Jesus, forgive me for judging myself, and give me a fresh start today. Thank you for your blood that cleanses me from all unrighteousness. Help me walk in a newness of life today knowing that you have forgiven me. In Jesus' name. Amen.