

“If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.”

*Matthew 6:14-15*

Forgiveness is so important to our Father as He wants us to be free and open to receive all the graces He gives us everyday. Unforgiveness keeps us in the past, blinded to the presence of our Father in the present moment.

### **Forgiveness Prayer**

Father,

I forgive (name the person) for (say the offense) which (share every hurt and pain the Lord brings to your mind and how it made you feel) in Jesus Christ's Name. Amen.

(After you have forgiven every person of every painful memory, forgive yourself, then pray...)

Father,

I release all these people to You and my right to seek revenge. I choose not to hold on to my bitterness and anger, and I ask You to heal me totally from all the hurts. Thank You for setting me free! Please bless all those who have hurt me Lord. Do something special for each of them today.

In Jesus Christ's Name, I pray. Amen.



Download for free at [ResetYourLifeToday.com](http://ResetYourLifeToday.com)