



Prayer of Forgiveness and Healing

Father God,

I come to you in the name of your precious Son, Jesus, and in obedience to Your command, I now, by a decision and act of my will, freely choose to forgive _____ for _____(be specific). I choose to release _____. I cancel his/her debt and obligation to me in this issue and I choose to no longer blame or hold his/her actions against him/her. I hereby surrender my right to be paid back by _____ for my loss, and in so doing I declare my trust in You alone, God, as the Righteous Judge. I repent for all bitterness and anger, all resentment, all hatred, and all judgments that I have carried in my heart regarding this matter.

I also repent for _____(add anything that God places on your heart). My God, I give You permission to take away the judgment, anger, resentment, hatred, and bitterness. I do not want these in my life – I surrender them to You and ask You to remove them – to heal me where I have been wounded and to forgive me where I have sinned.

And, Father, since You have forgiven me, I also forgive and accept myself in the name of Jesus, and I also ask that You BLESS each of these that I have forgiven in every way. Jesus, Lord, and Savior, because I have repented, forgiven and have been forgiven, I now ask You to break off the enemy's assignment against me in this. I ask You to cancel Satan's power and authority over me and declare that the devil and all the forces of evil have no more power over me in this matter, and that because of and through You, it is over and done.

Next, Father, I ask you to send Your Holy Spirit to heal my heart and my body from all effects of the unforgiveness, judgment, anger, bitterness and hatred that I used to carry in my heart, mind and body. And finally, I ask you, Father, to tell me Your truth about this situation.

(Now, spend a few moments listening for God to speak to your heart, you may want to write down what He impresses on your heart. This is the truth to remember when the enemy tries to whisper his lies and tempts you to again pick up the unforgiveness you have laid down today.)

You may need to repeat this prayer if feelings or memories come up again, but each time the feelings will be less strong and less frequent.

Pastor Ron