

Forgiveness Prayer

Lord Jesus Christ, I ask for the grace today to forgive everyone in my life. I know that You will give me strength to forgive. I let go of all resentment toward You because of hardships, death and sickness in the family. I surrender to You today in faith and trust; You love me more than I love myself, and want my happiness more than I desire it for myself. Jesus, You are Lord of my life. Please come into my heart in a deeper way and remove anything that would block the flow of Your love. Please give me the grace to rest in Your arms and allow myself to be loved by You.

Lord, because You have forgiven me, I can forgive MYSELF for sins, faults and failings. For all that is truly bad in myself or all that I think is bad, I do forgive myself. For any delving into the occult, ouija boards, horoscopes, séances, fortune telling or using lucky charms; for any calling upon sources of power apart from You; for taking Your name in vain; for not worshipping You; for hurting my parents; for getting drunk or using drugs; for sins against my purity; for adultery; for abortion; for stealing or lying; I truly forgive myself today. I let go of all self-directed negativity. I release the things held against myself and make peace with myself today.

I now stand before You as an intercessor and extend forgiveness to my ANCESTORS for acts of negativity and unlove. I come before You, Lord, on behalf of everyone in my family tree and apologize for any sinful actions. Let forgiveness flow through my family tree. Let the wounds of the past be healed through my act of forgiveness today. Thank You, Lord.

I forgive my MOTHER, Lord. I forgive her for times she may have hurt me, resented me or punished me unfairly. I forgive her for preferring my brothers and sisters; I forgive her for telling me I was dumb, ugly, stupid, the worst of the children, or that I cost the family a lot of money. I forgive her for rejecting me, abandoning me, or attempting to abort me. I forgive her for telling me I was unwanted, an accident or a mistake. I forgive her for any lack of nurturing, lack of hugs and kisses. For any ways she did not provide a deep, satisfying mother's blessing I truly forgive her today. I pray for her today, and ask God's blessing upon her.

I forgive my FATHER. I forgive him for any non-support

support, lack of companionship, drinking, severe punishments, sexual abuse, desertion or unfaithfulness to my mother. I forgive him for not showing his love; lack of hugs and kisses, tenderness and intimacy. For any ways that I did not receive a deep, satisfying father's blessing I do forgive him today. I pray for him today, and ask God's blessing upon him.

I forgive my SISTERS and BROTHERS for any acts of unlove and negativity. I forgive those who rejected me, lied about me, resented me, physically harmed me, or competed for my parents' love. I forgive all BLOOD RELATIVES for harm done to our family. I forgive all IN-LAWS for any abuses and expressions of negativity and unlove. I pray for them and ask God's blessing upon them.

I forgive my SPOUSE for lack of love, lack of affection, lack of consideration, lack of support, or lack of communication; I forgive my spouse for faults, failings and weaknesses. I ask God's blessing on my spouse today.

I forgive my CHILDREN today. I forgive them for lack of respect, lack of obedience, lack of love, lack of attention, lack of understanding. I forgive them for their bad habits, for falling away from the Church, for any action that disturbed me. I pray for them and ask God's blessing upon them.

I forgive my FRIENDS. I forgive them for letting me down, gossiping about me, borrowing money and not returning it, and encouraging sinful behavior. I pray for them and ask God's blessing upon them.

I forgive my NEIGHBORS. For any act of negativity, for lack of consideration, for prejudice, for running down the neighborhood, I do forgive them today. I pray for them and ask God's blessing upon them.

I forgive my PRIESTS, NUNS, BISHOPS AND THE POPE for lack of support, lack of friendliness, pettiness, bad sermons, for any hurt they may have been inflicted. I pray for them and ask God's blessing upon them.

I forgive my EMPLOYER. I forgive him for not paying me enough money, for not appreciating my work, for being unkind and unreasonable, for being angry or unfriendly, for not promoting me, for not complimenting me on my work. I pray for my employer today and ask God's blessing on him.

I forgive all PROFESSIONAL people. I forgive LAWYERS for any harm they may have done. I forgive SCHOOL TEACHERS for humiliating me and imposing unfair

ments; for lack of warmth; for not encouraging my potential. I forgive DOCTORS, NURSES and other MEDICAL PROFESSIONALS for treating me unjustly. I pray for them and ask God's blessing upon them.

I forgive people in PUBLIC SERVICE. I forgive those who passed laws opposing Christian values. I forgive POLICEMEN for any abuses. I pray for them today and ask God's blessing upon them.

Heavenly Father, I now forgive every member of SOCIETY who has hurt me in any way. I forgive those who have rejected me or hurt me by criminal action, sexual aggression or obscene actions. I forgive the strangers and nameless perpetrators of evil in society. I forgive those who have defrauded me or defamed my character. I forgive those to whom I cannot go directly and face with my anger: the burglar who got away, the rapist, the murderer, unknown carriers of disease, wartime aggressors. I pray for them today and ask God's blessing upon them.

Heavenly Father, I now forgive by an act of my will, the ONE PERSON IN LIFE WHO HAS HURT ME THE MOST. The one who is the hardest to forgive, I now choose to forgive. I also make peace with the one family member, the one friend, and the one member of the clergy who has hurt me the most in life. I pray for them today, and ask God's blessing on them. Thank You, Heavenly Father, for setting us free. In Jesus' name. Amen.

*(from "Healing through the Mass" by
Robert De Grandis, S.S.J. with Linda Schubert)*