

# RESOURCE:

## Forgiveness Prayer

Working with other people (sinners), there will be times when you are sinned against and hurt. We hope and pray you seek out reconciliation in a biblical manner. One tool to help is the following Forgiveness Prayer. We hope it is useful in your time of healing.

### **Forgiveness Prayer**

As you work through the Redemption book and your group experience, the Holy Spirit may convict you that it's time to forgive someone who has sinned against you. The following forgiveness prayer can be used as a template to guide you in your own prayer to God. You may adapt this one, or read it as your own prayer, filling in the specific offense and name of the one you are forgiving.

As you do this, you might also review pages 83–84 of Redemption (Crossway, 2011) for a reminder of how to forgive in light of how God in Christ has forgiven you.

The prayer is based upon the following passages of scripture:

But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you...and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil. Be merciful, even as your Father is merciful." (Luke 6:27 -28,35b -36)

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph 4:31 -32)

...God shows his love for us in that while we were still sinners, Christ died for us...For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. (Rom. 5:8,10)

Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord" (Rom 12:17 -19)

### **Prayer**

Father, thank you that in Christ you have forgiven me even in my worst sin. Even while I treated you as an enemy, you showed me your love and mercy at the cross and made me your friend. Because you have forgiven me so generously, and by your Holy Spirit who unites me to Christ and makes it possible for me to forgive like you, I now forgive (name) who sinned against me by (name the offense).

I relinquish any entitlements I've claimed against (name) to punish, withhold forgiveness, or seek revenge. I know that I may never see this offense made right in my eyes in my lifetime, but I entrust it and myself to you, knowing that you are the one who judges justly.

Please free me from any bitterness toward (name) that I have allowed to take root in my heart. Help me continually walk in forgiveness toward (name) from this point forward. As I walk in forgiveness, grant me wisdom to know when and how to trust (name). I pray that you would help (name) to know your love and forgiveness. Help me to delight in whatever kindness you show to (name). Help me also to show kindness: loving, blessing, and doing good toward (name) as you provide opportunities.

# FORGIVE