A close up of a logo

AI-generated content may be incorrect.**A Prayer Exercise for Releasing Bitterness**

**Jon Dunwell, Pastor**

*Below is a 7-minute prayer experience designed to guide you through the process of letting go of bitterness. This is a reflective and meditative journey you can follow in your own time, either silently or aloud. It’s structured to take about 7 minutes if you pause for reflection between each section. Find a quiet space, take a few deep breaths, and begin when you’re ready.*

**Opening (1 minute)**

Begin by centering yourself. (Pause for a few breaths, letting yourself settle into this intention)

Loving God, I come before You now, seeking peace in my heart. I acknowledge the bitterness I’ve been holding—whether from hurt, betrayal, or disappointment. I don’t want it to weigh me down anymore. Please meet me here in this moment.

Open my spirit to Your presence, Your love, and Your healing.

In Jesus’ name, Amen.

**Surrendering the Pain (2 minutes)**

Name what you’re carrying and release it. *(Pause for 20-30 seconds, imagining yourself handing over that burden)*

Lord,

You see the places where bitterness has taken root in me.

*[Silently or aloud, name the specific situation, person, or feeling tied to your bitterness—e.g., “the anger I feel toward them,” “the resentment from that day,” or “the pain I can’t let go of.”]*

I lift these to You now. They’re heavy, and I’ve carried them too long. I don’t want to cling to this poison anymore. Help me loosen my grip. Take this bitterness from my hands and replace it with Your peace.

In Jesus’ name, Amen.

**Seeking Healing (2 minutes)**

Invite restoration into your heart. *(Pause again, breathing deeply, picturing God filling those empty spaces)*

God of mercy,

Where bitterness has wounded me, bring Your healing. Soften the hard edges of my heart. Wash away the resentment that clouds my mind. If there’s forgiveness I need to offer whether to others or myself—give me the strength to begin that journey. I trust that You can make me whole again, even when I feel broken. Fill the space left by bitterness with Your love, Your grace, and Your light.

In Jesus’ name, Amen.

**Letting Go (1 minute)**

Release it fully into God’s care. *(Pause, feeling the weight lift as you surrender it.)*

Father,

I let go now. I release this bitterness into Your hands, trusting You to handle what I cannot. I choose to walk forward, not chained to the past. Help me to live in freedom, not in the shadow of old hurts. Thank You for carrying this for me.

In Jesus’ name, Amen.

**Closing (1 minute)**

End with gratitude and hope.

Gracious God,

Thank You for hearing me. Thank You for the promise of peace that surpasses understanding. As I leave this time of prayer, guide my steps. Let me feel Your presence as I move through this day, unburdened and renewed.

In Your holy name, I pray,

Amen.

Take a final deep breath, and when you’re ready, open your eyes or step back into your day. This prayer is yours to revisit whenever you need to release bitterness again—letting go is often a process, not a single moment. May you find peace in it.