

The Forgiveness Prayer to Forgive Yourself

Father, I'm coming to you now to forgive myself. I did the following to myself/another person:

_____ and I feel _____ (use at least one feeling word).

I don't deserve my own forgiveness, but I didn't deserve your forgiveness either. You forgave me for all my sins when I placed my faith in Jesus Christ as my Savior. I forgive myself because you tell me to forgive even as you completely forgave me in Christ. I also realize I am a forgiver through my identity in Christ. I choose to forgive myself even though I may not/don't feel like it. I release myself from what I believe I owed myself, which was/is _____

_____ This is the message I received about myself for what I did.

I'm sorry for my sin(s) of anger/bitterness/venge/resentment (use any that apply) toward myself. I thank you that Jesus Christ died on the cross for this sin so that I am already forgiven. I choose to trust you and to believe that you can use this experience to reveal Jesus Christ in me in a deeper way. In His name, Amen.

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