

A 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, just as you completely forgave me through Christ. I choose to forgive myself even if I don't feel like it. I release myself from any condemning message I received about myself for what I did, including _____.

I'm sorry for my sin(s) of anger/condemnation/revenge/resentment (use any that apply) toward myself. I thank you that Jesus Christ died on the cross for this sin so that I may be forgiven of all my sins (past, present, and future). 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.

Adapted from Mark Maulding, "God's Best-Kept Secret" ©

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