

A Healing Prayer of Forgiveness

Forward and Instruction's by Fr. Robert Pecotte

Forgiveness Prayer by Fr. Robert DeGrandis

&

The Act and Prayer of Forgiveness by Dr. Conrad Baars

Steps for Forgiveness Prayer

First and foremost, you must ask God to give you the desire to want to forgive others who have harmed you. The only time we can forgive someone is when they really have harmed us, either by doing something evil to us (or someone we love) or not doing something good that they should have done. If you have the attitude of: *“they did something bad therefore I am not going to forgive them,”* you are simply condemning yourself before God, for you have sinned against Him and yet you desire mercy from Him. You are being a hypocrite. You may have to beg God to help you to want to forgive those who have harmed you most, only then will you be able to forgive them and only then can you be forgiven and restored to wholeness in God’s redemptive love.

The purpose of this prayer is to be set free from the persons/events in our past that hold us bound (often times without us even realizing it), especially things that are lost from our active memory, but are dormant within us which shape our decisions and thought patterns. **You want to focus on forgiving all who have harmed you as well as yourself. This is crucial, you cannot stubbornly cling to old hurts and grudges or the prayer will be of little help.** You will also need to ask for forgiveness for many things, for the Lord in His kindness will show you how you did wrong in many of these events from your life. You will probably want to go to confession after praying this prayer a few times...

When praying the Forgiveness Prayer, one should not expect to have instantaneous results that change your life. That being said if you persevere in the prayer that is exactly what the end result will be.

1. You should put yourself in a quiet place with enough time to pray seriously. Don’t go through the prayer with less than ½ hr set aside for it. Let the prayer do the work for you, that is, let it open up your memory.
2. Read a section and then allow your mind to start recalling events in your life that could be linked to that line of the prayer. Allow your memory to work! You will be amazed at the level of clarity that will come and the memories will begin to flow. When you recall an event that harmed you, either by an evil being committed or a good being withheld, then stop right there and ask God to help you to forgive that person/s right then. Ask Jesus to unite your suffering (the suffering you have endured from this person/s) to His cross for the salvation of those who have harmed you. That is called *“Loving your enemies...”* and it is a commandment of the Lord.
3. Make sure you pray every line, even the ones that don’t appear to relate to you. Your memory will use those things as triggers and clues to other things and then you will be able to be free of them as well.

4. You should pray the Forgiveness prayer *at least once a day and for at least one week straight*. **Un-forgiveness is as old as you are**; it is going to take a little work to recall unforgiven hurts and forgive them. *Some people will need to spend more time than this, maybe even a month or more*. You will know. **If you take this prayer seriously and ask God to help you with it, your whole life will change for the better.**

5. The last page is a separate prayer in itself and is called *The Act and Prayer of Forgiveness*. It is for certain people in our lives who have harmed us on a deep level. The Forgiveness prayer can help locate who these people are and then we should use the Act and prayer of Forgiveness with these people and events. You might need to use this prayer many times with the same person for different things. However, you have to be serious and really want God to help you forgive!!! Don't just say the prayers...MEAN THEM!

One final note: Your emotions are tied to your memory and they don't know the difference between the past and the present. **Therefore, you may need to forgive someone many times for one thing they did wrong, because each time you thought about it, you were hurt by it again.** Forgiveness is ongoing; as soon as you start to recall a past event that has harmed you, forgive those involved again...IMMEDIATELY, even if you have already forgiven them. The fact that you are remembering it means that you still need healing, so forgive them again and offer the sufferings of remembering it for their salvation.

Ask God to heal the emotions that are attached to these memories...

Let us pray...

The following prayer covers most significant areas of forgiveness. Often, such a prayer will bring to mind other areas that need forgiveness. Let the Holy Spirit move freely and guide your mind to persons or groups that you need to forgive.

Lord Jesus Christ,

I ask today to forgive EVERYONE in my life.

I know that You will give me the strength to forgive and I thank You that You love me more than I love myself and want my happiness more than I desire it for myself. Father, I forgive YOU for the times death has come into the family, hard times, financial difficulties, or what I thought were punishments sent by You and people said, "It's God's will," and I become bitter and resentful toward You.

Purify my heart and mind today.

Lord, I forgive MYSELF for my sins, faults and failings, for all that is bad in myself or that I think is bad, I forgive myself; and I accept Your forgiveness. I further forgive MYSELF for taking Your name in vain, not worshipping You by attending church, for hurting my parents, getting drunk, for sins against purity, bad books, bad movies, fornication, adultery, homosexuality. Also, for abortion, stealing, lying, defrauding, and hurting peoples' reputation. You have forgiven me today, and I forgive myself.

Thank You, Lord,

for your grace at this moment. I also forgive MYSELF for any delvings in superstition, using Ouija boards, horoscopes, going to séances, using fortune telling or wearing lucky charms. I reject all that superstition and choose You alone as my Lord and Savior. Fill me with Your Holy Spirit.

Lord, I truly forgive my MOTHER.

I forgive her for all the times she hurt me, she resented me, she was angry with me and for all the times she punished me. I forgive her for the times she preferred my brothers and sisters to me. I forgive her for the times she told me I was dumb, ugly, stupid, the worst of the children or that I cost the family a lot of money. For the times she told me I was unwanted, an accident, a mistake or not what she expected, I forgive her.

Lord, I truly forgive my FATHER.

I forgive him for any non-support, any lack of love, affection or attention. I forgive him for any lack of time, for not giving me his companionship, for his drinking, arguing and fighting with my mother or the other children. For his severe punishments, for desertion, for being away from home, for divorcing my mother or for any running around, I do forgive him.

Lord, I extend forgiveness to my SISTERS AND BROTHERS. I forgive those who rejected me, lied about me, hated me, resented me, competed for my parents' love, those who hurt me, who physically harmed me. For those who were too severe on me, punished me or made my life unpleasant in any way, I do forgive them.

Lord, I forgive my SPOUSE for lack of love, affection, consideration, support, attention, communication; for faults, failings, weaknesses and those other acts or words that hurt or disturb me.

Jesus, I forgive my CHILDREN for their lack of respect, obedience, love, attention, support, warmth, understanding; for their bad habits, falling away from the church, any bad actions which disturb me.

Lord God, I forgive my IN-LAWS, MY MOTHER-IN-LAW, FATHER-IN-LAW, SON/DAUGHTER-IN-LAW AND OTHER RELATIVES by marriage, who treat my family with a lack of love. For all their words, thoughts, actions or omissions which injure and cause pain, I forgive them.

Please help to forgive my RELATIVES, my grandmother and grandfather, aunts, uncles, cousins, who may have interfered in our family, been possessive of my parents, who may have caused confusion or turned one parent against the other.

Jesus, help me to forgive my CO-WORKERS who are disagreeable or make life miserable for me. For those who push their work off on me, gossip about me, won't cooperate with me, try to take my job, I do forgive them.

My NEIGHBORS

need to be forgiven, Lord. For all their noise, letting their property run down, not tying up their dogs who run through my yard, not taking in their trash barrels, being prejudiced and running down the neighborhood, I do forgive them.

I do forgive my CLERGYMAN, my CONGREGATION and my CHURCH for their lack of support, affirmation, bad sermons, pettiness, lack of friendliness, not providing me or my family with the inspiration we needed, for any hurts they have inflicted on me or my family, even in the distant past, I forgive them today.

Lord, I forgive all those who are of different PERSUASIONS, those of opposite political views who have attacked me, ridiculed me, discriminated against me, made fun of me, economically hurt me.

I forgive those of different religious DENOMINATIONS AND BELIEFS, who have harassed me, attacked me, argued with me, and forced their view on me or my family.

Those who have harmed me ETHNICALLY, have discriminated against me, mocked me, made jokes about my race or nationality, hurt my family physically, emotionally or economically, I do forgive them today.

Lord, I forgive all PROFESSIONAL PEOPLE who have hurt me in any way: doctors, nurses, lawyers, judges, politicians and civil servants.

I forgive all service people: policemen, firemen, bus drivers, hospital workers and especially repairmen who have taken advantage of me in their work.

Lord, I forgive my EMPLOYER for not paying me enough money, for not appreciating my work, for being unkind and unreasonable with me, for being angry or unfriendly, for not promoting me, and for not complimenting me on my work.

**Lord, I forgive my SCHOOLTEACHERS
AND INSTRUCTORS of the past as well as the present. For those
who punished me, humiliated me, insulted me, treated me unjustly,
made fun of me, called me dumb or stupid, made me stay after
school, I truly forgive them today.**

**Lord, I forgive my FRIENDS
who have let me down, lost contact with me, do not support me,
were not available when I needed help, borrowed money and did not
return it, gossiped about me.**

**Lord Jesus,
I especially pray for the grace of forgiveness for the ONE
PERSON in life who has HURT ME THE MOST.**

**I ask to forgive
anyone who I consider my greatest enemy, the one who is the
hardest to forgive or the one who I said I will never forgive.**

**Lord,
I beg pardon of all these people for the hurt I have inflicted
on them, especially my mother and father, and my marriage partner.**

**I am especially sorry
for the three greatest hurts I have inflicted on each of these.**

**Thank You, Jesus,
that I am being freed of the evil of unforgiveness.
Let Your Holy Spirit fill me with light and
let every dark area of my mind be enlightened.
AMEN.**

Forgiveness is an act of the will, not a feeling. If we pray for a person, we can be assured that we have forgiven that person. To help accept an individual and open ourselves to a particular person more, picture him with the Lord Jesus and say to the Lord, "I love him because You love him. I forgive him because You forgive him."

**Forgiveness is a life-long obligation.
Daily we need to forgive those who hurt or injure us.**

**From the book by Father Robert DeGrandis S.S.J. and Betty Tapscott:
Forgiveness & Inner Healing; Twenty-fourth Printing September 2001.**

The Act and Prayer of Forgiveness

Think of a person you are ready to forgive. This person may be alive or already deceased. The person may also be yourself. Placing oneself before Jesus, and imploring the power of His Divine Mercy, one prays:

Lord God, I thank you for this moment of quiet, for this opportunity to put myself in your presence. Lord it is good to meditate on the reality of your loving presence. I praise you and I glorify you. Thank you Lord, for helping me to be still and know that you are a merciful God. Thank you for the Grace of being comfortable with the anger that I feel toward the person who has wronged me. Thank you for having taken away the guilt and fear I used to feel whenever I felt angry.

You know, Jesus, that I have exhausted every reasonable effort to make peace with the person who has wronged me. You know that these efforts have been in vain because (of his/her refusal to right the wrong, or because he/she is no longer alive, or because I waited so long before resolving my anger). I believe that you desire my happiness and wholeness more than I could ever desire for myself.

Thank you for having taught us that it is by forgiving the wrongdoer at the right moment that we will be set free from resentment, so that we can go on living without bitterness and tension and their inescapable ill effects on our body and psyche.

I ask you, Jesus, to increase your life-giving power of Mercy in me. The power that flows from you is ever-present to me. I need this power to give me strength to do what you want me to do, for it is no easy matter to forgive when one feels so injured and so angry.

Thank you Lord for giving me the strength of your Divine Mercy at the difficult moment when I *will* be able to say from my heart, “Jesus, in your name and in your presence I forgive _____.” (by name)

When one reaches the time of spiritual readiness, one prays:

My Jesus, I visualize this person who has wronged me; I visualize him/her in your merciful presence, and I say: *‘I forgive you _____ in the name of Jesus Christ. I ask Jesus also to forgive you for the wrong you have done to me. I give thanks to God because you are now forgiven. Amen.’*

In the next few days, whenever one becomes aware of the past pain and anger—which now gradually or almost totally subsides—one gives thanks for the act of forgiveness and its power to deliver us from evil:

Lord, it is now several days later, and I feel again some stirring of the past anger and resentment toward this person. I thank you that you have forgiven _____, and that you gave me the strength and good will to forgive him/her. I now bless _____ (name the wrongdoer I have forgiven) in the name of the Lord. I see _____ as a child of God, for through my intercessory prayers God’s healing love is entering into him/her. Amen.