

PRAYER GUIDE 6

Praying Through Forgiveness

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." — Ephesians 4:32

How to Use This Guide

Forgiveness is one of the hardest things God asks of us — and one of the most freeing. This guide covers two directions: receiving forgiveness from God and extending it to others.

Opening Prayer

Father, forgiveness is hard. Sometimes I need to receive it. Sometimes I need to give it. Either way, I cannot do it on my own. I need Your help. Meet me here. Amen.

Praying to Receive Forgiveness

When you are weighed down by guilt:

God, I have done things I am not proud of. I carry guilt that follows me everywhere. But Your Word says that if I confess my sins, You are faithful to forgive them (1 John 1:9). I confess. I receive Your forgiveness today. Help me walk in the freedom that comes with it.

When you struggle to forgive yourself:

Jesus, You have forgiven me — but I have not forgiven myself. I keep replaying my mistakes. Help me accept the grace You have already given me. Help me stop punishing myself for what You have already paid for.

Praying to Extend Forgiveness

When someone has hurt you deeply:

Lord, what this person did to me was wrong, and the pain is real. I do not want to forgive them — I will be honest about that. But I know that holding onto this is hurting me more than it is hurting them. I choose to forgive. Not because they deserve it, but because I trust that You are the one who makes things right. Take this from me. Amen.

When forgiveness feels impossible:

God, I am not strong enough to forgive this on my own. So I am asking You to do it through me. Give me a heart that is willing. I will take the first step — You do the rest.

Closing Prayer

Father, thank You for a forgiveness that has no conditions. Help me live in the freedom of that truth — and extend that same freedom to others. Amen.

Reflection Question

Is there someone you need to forgive — including yourself? Write their name, say a short prayer, and take one small step toward freedom today.

You are seen. You are known. You are loved.