

**Prayer Topic #11:**  
**A Prayer of Forgiveness Toward Self**

**Scripture Reading:**  
Psalm 89:1-8, Romans 5:1-11

**Reflections of the Heart:**  
"To understand is to forgive, even oneself." ~ Alexander Chase

**Scriptural Prayer:**

Divine Father, thank You for loving us, forgiving us and saving us. Thank You for Your unconditional love. Thank You for blotting out our sins and never thinking about them again. Thank You for helping each of us to forgive ourselves for past sins, mistakes and failures. Teach us Your decrees, O Lord; we will keep them to the end. Give us understanding and we will obey Your instructions; we will put them into practice with all our hearts. Make us walk along the path of Your commands, for that is where our happiness is found. Father God, this is the day that You have made. We will rejoice and be glad in it!

Omniscient Father, according to Your Word, there is no condemnation for those who belong to Christ Jesus. So we declare that those persons in our Church Family who need to forgive themselves from their past will begin to walk in freedom instead of condemnation. We declare that they will begin to recognize that they are no longer slaves, but they are God's own children; and not only children, but God has made them His heirs. We decree that every proud obstacle that keeps them from knowing You and the freedom they have in You is destroyed. Their rebellious thoughts will be captured and they will learn to obey Christ.

Holy Spirit, we ask You to help all of us to forgive people who have hurt us, including ourselves. Heal our emotions that have been wounded and teach us how to love unconditionally. Remind us that nothing – not death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow, not even the powers of hell – can separate us from God's love. Lord, help us to extend mercy to others and forget the past so that we can move forward toward our futures.

Forgiving Father, we know that we have not always demonstrated Your character. Please have mercy upon us and do not take Your Spirit from us. You are our strong tower; without You we will perish. Please forgive us for not forgiving ourselves when You have already forgiven us. Forgive us for not letting Your love flow through us. Forgive us for rehearsing our past offenses in our minds. Lord, forgive me for **(list any sins that you have committed)**. Holy Spirit, remind us all to forgive each other and other people, and please help us to forgive. As for me, Holy Spirit, bring to my remembrance those I need to forgive. ***(Take a moment and ask the Holy Spirit to show you names or faces of people that you may need to forgive. As He shows you, say aloud, "I forgive name of person(s)."*** Now, trust the Lord to heal any wounds in your soul caused by unforgiveness.)

***Write down those things that you are struggling to forgive yourself for. After you ask God to forgive you for that sin, draw a line through it as a reminder that it is now forgiven!***

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Holy Spirit, help us all to not yield to temptation; but deliver us from the evil one.

Holy Lord, You are the God of gods and Lord of lords. You are the great God, the mighty and awesome God, who shows no partiality and cannot be bribed. The mountains melt like wax before You, Lord of all the earth. The heavens proclaim Your righteousness; every nation sees Your glory. In Jesus' Name, Amen.

**Scripture References for the Written Text:** Isaiah 43:25, Psalm 119:33-35, Psalm 118:24, Romans 8:1, Galatians 4:7, John 10:16, II Corinthians 10:5, Romans 8:38, Matthew 6:13, Deuteronomy 10:17, Psalm 97:5-6

***Today, I will trust God to:***

