



Prayer for Forgiving Others

An original prayer prepared for this page, followed by the traditional Our Father. The three short prayers are original compositions.

Merciful Father, I bring before you the person who has hurt me. You know what was done and what it has cost me. I place the truth of it before you and ask for the grace to forgive.

Through Jesus Christ your Son, who prayed for those who crucified him, teach me to desire this person's true good. Bring them to repentance where they have done wrong, and lead us both toward your truth and mercy.

Keep me from seeking revenge or taking pleasure in another person's suffering. When I return to the same bitter thoughts, help me turn again to you. Give me the willingness to pray when love feels beyond my strength.

I cannot make the past stop hurting by an act of will. Be patient with my weakness. Heal what has been wounded, and help me offer you the anger, sorrow, and memories that remain.

Where I have also sinned, lead me to repentance. Give me humility to ask pardon and courage to make amends. Help me seek peace honestly and protect the dignity of everyone affected by what has happened.

I entrust justice and mercy to you. Guide what may be restored, and give me wisdom about what must remain in your hands. Let your love have a deeper hold on my heart than the wrong I have suffered. Through Christ our Lord. Amen.

Our Father

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Prayer When I Struggle to Want to Forgive

Merciful Jesus, I can see your command to forgive, and I can feel how strongly I resist it. I do not want to hide that resistance from you. Give me the grace to stop defending hatred. Awaken in me the willingness to ask for this person's salvation, and lead me toward a forgiveness I cannot give without your help. Amen.

Prayer for Someone Who Has Not Apologized

Father, you know the wrong that has been done and the repentance still needed. I ask you to stop the harm, bring the truth to light and lead this person to conversion. Keep me from wishing their destruction. Help me desire their salvation while acting with wisdom, justice and care for those who need protection. Amen.

Prayer When a Painful Memory Returns

Holy Spirit, this memory hurts again. Receive the sorrow I cannot put into words. Keep it from becoming a reason to seek revenge. Help me remember that you know the whole truth and have not abandoned me. Give me grace for this moment, and teach me to place this person and this wound before the mercy of Jesus. Amen.