

A Prayer of Self-Forgiveness

Take time to slowly speak each statement in this prayer of self-forgiveness. Give to the Holy Spirit everything that would hurt you. Let yourself be healed completely.

I forgive myself.

I forgive myself of all past mistakes.

I forgive myself for my own ignorance, stubbornness and pride.

I forgive myself for all actions, words and thoughts that may have hurt others.

I forgive myself for taking personally and being offended by the actions and words of others.

I forgive my own judgments and prejudices.

I forgive my addictions and compulsions.

I forgive my excuses and lack of accountability regarding _____.

I forgive my sense of guilt about _____.

I forgive my sense of shame about _____.

I forgive myself for not knowing a better way to _____ (i.e. *raise my children, express my thoughts and feelings appropriately, get my needs met*)

With God's help, I forgive myself now and I am healed.

There is no turning back.