

Prayers for Forgiveness for Self and Others

1. Prayer to God for Forgiveness of Sins

Even while I encourage you to pray this prayer, I caution you that saying words alone will not save you. Prayer doesn't save. Only Christ can save. But prayer can be a means of reaching out to the Lord in true saving faith. If you pray these words in faith, Christ will save you. You can be sure of that.

Lord Jesus, for too long I've kept you out of my life. I know that I am a sinner and that I cannot save myself. No longer will I close the door when I hear you knocking. By faith I gratefully receive your gift of salvation. I am ready to trust you as my Lord and Savior. Thank you, Lord Jesus, for coming to earth. I believe you are the Son of God who died on the cross for my sins and rose from the dead on the third day. Thank you for bearing my sins and giving me the gift of eternal life. I believe your words are true. Come into my heart, Lord Jesus, and be my Savior. Amen.

2. Prayer for Forgiving Others

Thank you for your gift of forgiveness. Your only Son loved me enough to come to earth and experience the worst pain imaginable so I could be forgiven. Your mercy flows to me in spite of my faults and failures. Your Word says to "clothe yourselves with love, which binds us all together in perfect harmony." (**Col. 3:14**) Help me demonstrate unconditional love today, even to those who hurt me.

I understand that even though I feel scared, my emotions don't have to control my actions. Father, may Your sweet words saturate my mind and direct my thoughts. Help me release the hurt and begin to love as Jesus loves. I want to see my offender through my Savior's eyes. If I can be forgiven, so can he. I understand there are no levels to your love. We are all your children, and your desire is that none of us should perish.

You teach us to "let the peace that comes from Christ rule in our hearts." (**Col. 3:15**) When I forgive in words, allow your Holy Spirit to fill my heart with peace. I pray this peace that only comes from Jesus will rule in my heart, keeping out doubt and questions. And above all, I am thankful. Not just today, not just this week, but always. Thank you for the reminder, "Always be thankful." (**Col. 3:15**) With gratitude, I can draw closer to you and let go of unforgiveness. With gratitude, I can see the person who caused my pain as a child of the Most High God. Loved and accepted. Help me find the compassion that comes with true forgiveness.

And when I see the person who hurt me, bring this prayer back to my remembrance, so I can take any ungodly thoughts captive and make them obedient to Christ. (**2 Cor. 10:5**) And may the confidence of Christ in my heart guide me into the freedom of forgiveness. I praise you for the work you are doing in my life, teaching and perfecting my faith. In Jesus' Name, Amen.

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3. Short Prayer to Forgive Others

Dear Lord, I thank You for the power of forgiveness, and I choose to forgive everyone who has hurt me. Help me set [name anyone who has offended you] free and release them to You [**Romans 12:19**]. Help me bless those who have hurt me [**Romans 12:14**]. Help me walk in righteousness, peace, and joy, demonstrating Your life here on earth. I choose to be kind and compassionate, forgiving others, just as You forgave me [**Ephesians 4:32**]. In Jesus' name, amen.

4. Short Prayer to Forgive Yourself

Father, today I ask forgiveness of all the negative and harmful words I have spoken about myself. I do not want to abuse myself in such a way again. Transform my thoughts and let me understand how marvelously you made me. Change my habits so I use my tongue to speak hope and favor upon my life. In Jesus' name.

Bible Verses About Forgiveness

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Matthew 6:14-15 - For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

•**1 John 1:9** - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

•**Isaiah 1:18** - "Come now, let us settle the matter," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.

•**Micah 7:18-19** - Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.

•**Mark 11:25** - And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

•**Colossians 3:13** - Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

•**Ephesians 4:31-32** - Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

•**Luke 17:3-4** - So watch yourselves. "If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Ev