

A Prayer to Help You Forgive Others

By Rick Warren

“We know that our old life died with Christ on the cross so that our sinful selves would have no power over us.” -Romans 6:6a, NCV

Romans 6:6 says, *“We know that our old life died with Christ on the cross so that our sinful selves would have no power over us”* (NCV). What does “our sinful selves would have no power over us” mean? It means our natural inclination is to do the wrong thing. My natural inclination when you hurt me is to hurt you back. My natural inclination when you say something bad against me is say something bad against you and hold on to it and never forgive you. All of the things that I’m naturally inclined to do actually make it worse.

But we can break that bondage to bitterness, that bondage to guilt, that bondage to resentment, that bondage to worry. We can keep from becoming slaves to the past and hurtful memories. We can choose to forgive.

The cross has the power to free you from grudges and grief and resentment. There is no other way to let go of these emotions that are weighing you down than the cross. Jesus on the cross broke the power of sin and death and bondage in your life.

I want you to think of the person you need to forgive, the person whose offense planted a seed of bitterness in you, and I want you to pray this **prayer** right now:

Father, only you understand how much I've been hurt by this person. I don't want to carry the pain for another second. I don't want to be a bitter person. But I need your grace and the power of the cross to release my hurt and to forgive those who've hurt me. This is the turning point. First, I need to experience your forgiveness. You know all the ways I've hurt others, and I'm so sorry for my sins. Jesus, thank you for dying for me. I accept your grace and forgiveness, and I need it daily. Today I'm turning to you, and I'm choosing to forgive the way you have forgiven me. Every time the memory comes back, I'll forgive that person again until the pain is gone. Heal my heart with your grace. In Jesus' name. Amen.