

## Forgiveness Prayer for Adults

By: Fr. Robert DeGrandis, S.S.J.

*In the following prayer most of the significant areas will be covered. Often such a prayer will bring to mind other areas that need forgiveness. Let the Holy Spirit move freely and guide your mind to persons or groups that you need to forgive.*

Lord Jesus Christ, I ask today to forgive everyone in my life. I know that You will give me strength to forgive and I thank You that You love me more than I love myself and want my happiness more than I desire it for myself.

Lord Jesus, I want to be free from the feelings of resentment, bitterness, and unforgiveness toward You for the times I thought You sent death, hardships, financial difficulties, punishments and sickness in our family.

Lord, I forgive *myself* for my sins, faults, and failings. For all that is truly bad in myself or all that I think is bad, I do forgive myself. For an delving in the occult, Ouija boards, horoscopes, seances, fortune telling, lucky charms, [dream catchers]; for taking my name in vain; for not worshiping You; for hurting my parents; for getting drunk; [for the use of illegal drugs]; [for the misuse of legal drugs]; for sins against my purity; for adultery; for abortion; for stealing; for lying — I am truly forgiving myself today. Thank You Lord for Your grace at this moment.

I truly forgive *my mother*. I forgive her for all the times she hurt me, resented me, was angry with me and for all the times she punished me [unjustly]. I forgive her for the times she preferred my brothers and sisters to me. I forgive her for the times she told me I was dumb, ugly, stupid, the worst of the children or that I cost the family a lot of money. For the times she told me I was unwanted, an accident, a mistake or not what she expected. [For any negativity, gossip, manipulation, or bad example], I forgive her.

I forgive *my father*. I forgive him for an lack of support, any lack of love, affection or attention. I forgive him for any lack of time, for not giving me his companionship, for his drinking or arguing and fighting with my mother or other children. For his severe punishments, for desertion, for being away from home, for divorcing my mother or for any running around, I do forgive him.

*\*The forgiveness for mother and father can be interchangeable depending on your story*

Lord, I extend forgiveness to my *sisters and brothers*. I forgive those who rejected me, lied about me, hated me, resented me, competed for my parents' love, those who hurt me, who physically harmed me. For those who were too severe on me, punished me or made my life unpleasant in any way, I do forgive them.

Lord, I forgive *my spouse* for lack of love, affection, consideration, support, attention, communication, for faults, failings, weaknesses, and those other acts or words that hurt or disturb me.

Jesus, I forgive *my children* for their lack of respect, obedience, love, attention, support, warmth, understanding; their bad habits, falling away from the Church, and bad actions which disturb me.

My God, I forgive *my in-laws—mother, father, son or daughter in-law, sister and brother in-law* and other relatives by marriage. For their lack of love, words of criticism, thoughts, actions, or omissions which injure and cause pain, I do forgive them.

Please help me to forgive my *relatives*, my grandmother and grandfather who may have interfered in our family, been possessive of my parents, who may have caused confusion or turned one parent against the other.

Jesus, help me to forgive my *co-workers* who are disagreeable or make life miserable for me. For those who push their work off on me, gossip about me, won't cooperate with me, try to take my job, I do forgive them.

My *neighbors* need to be forgiven, Lord. For all their noise, letting their property run down, [not training their pets properly], not taking in their trash cans, being prejudiced and running down the neighborhood, I do forgive them.

I now forgive my *clergyman, [ministers], my congregation and my church* for all their lack of support, pettiness, bad sermons, lack of friendliness, not affirming me as they should, not providing me with inspiration, for not using me in a key position, for not inviting me to serve in a major capacity and for any other hurt they have inflicted—I do forgive them today.

Lord I forgive all *professional people* who have hurt me in any way—doctors, nurses, police officers, hospital workers, lawyers, contractors. For anything they did to me unjustly, I truly forgive them.

Lord, I forgive my *employer* for not paying me enough money, for not appreciating my work, for being unkind and unreasonable with me, for being angry and unfriendly, for not promoting me and for not complimenting me on my work.

Lord, I forgive my *schoolteachers, professors, and instructors* of the past, as well as the present. For those who punished me, humiliated me, insulted me, treated me unjustly, made fun of me, called me dumb or stupid, made me stay after school.

Lord, I forgive my *friends* who have let me down, lost contact with me, do not support me, were not available when I needed help, borrowed money and did not return it, gossiped about me.

Lord Jesus, I especially pray for the grace of forgiveness for that *one person* in life who has *hurt me the most*. I ask to forgive anyone who I consider my greatest enemy, the one who I said I would never forgive.

Thank You, Jesus, that I am free of the evil of unforgiveness. Let Your Holy Spirit fill me with light and let every dark area of my mind be enlightened.

*AMEN.*

Remember, forgiveness is an act of the will, not a feeling. Jesus calls us to forgive always and throughout our entire lives. Daily we need to forgive those who hurt or injure us. "*Then Peter came up and said to him, 'Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?' Jesus said to him, 'I do not say to you seven times, but seventy times seven.'*" (Matt. 18:21-22, RSV CE).