



“Our forgiveness and blessing prayers activate God’s healing work in our hearts.” – Lori Boruff

**FORGIVENESS AND BLESSING PRAYER**

**If you wait until you feel like forgiving, it may never get done. Pray this prayer out of obedience. Your words have power! 2 Corinthians 2:5-11**

Lord, the \_\_\_\_\_ part of me comes to you and I choose to forgive rather than seek justice.  
 I forgive \_\_\_\_\_ (name) for \_\_\_\_\_ (offense) causing me to feel \_\_\_\_\_ (all emotional pain).  
 I take back any ground (joy, peace, love, etc.) stolen by the enemy through my unforgiveness.  
 Bless \_\_\_\_\_ (name) with your forgiveness and love. In Jesus’ Name. Amen

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|-----------------|---------------|-------------|-----------------|-------------|
| abandoned       | accused       | alone       | always wrong    | angry       |
| anxious         | ashamed       | belittled   | bitter          | bad         |
| betrayed        | condemned     | confused    | controlled      | cheated     |
| cut off         | deceived      | defenseless | defeated        | divided     |
| destroyed       | dirty         | discouraged | disappointed    | disgusted   |
| embarrassed     | exhausted     | empty       | failure         | foolish     |
| fearful         | frustrated    | hopeless    | hate            | helpless    |
| hurt            | humiliated    | ignored     | inadequate      | inadequate  |
| insecure        | insignificant | judged      | lonely          | left out    |
| lied to         | lost          | manipulated | misunderstood   | made fun of |
| not cared for   | not valued    | no good     | not cherished   | neglected   |
| not listened to | overwhelmed   | paralyzed   | pressured       | repulsed    |
| rejected        | resentful     | revengeful  | ruined          | trapped     |
| sad             | scared        | stepped on  | suicidal        | unimportant |
| tricked         | ugly          | unaccepted  | unfairly judged | weak        |
| unloved         | vulnerable    | violated    | worthless       | unwanted    |