

The Forgiveness Prayer by Rev. Robert DeGrandis, S.S.J.

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 though You sent death, hardships, financial difficulties, punishments and sickness into 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 any delving into the occult; for taking Your name in vain; for not worshipping You; for hurting my parents, for getting drunk; for taking illegal 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 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. I forgive her.

I forgive my father. I forgive him for any nonsupport, 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 the 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.

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, attention, support, warmth, understanding; their bad habits, falling away from the Church, any 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 tying up their dogs who run through my yard, not taking in their trash cans, being prejudiced and running down the neighborhood, I do forgive them.

I now forgive my clergyman, 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, lawyers, policemen, hospital workers. For anything that they did to me, I truly forgive them today.

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 or unfriendly, for not promoting me and for not complimenting me on my work.

Lord, I forgive my schoolteachers 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 is the hardest to forgive or 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.