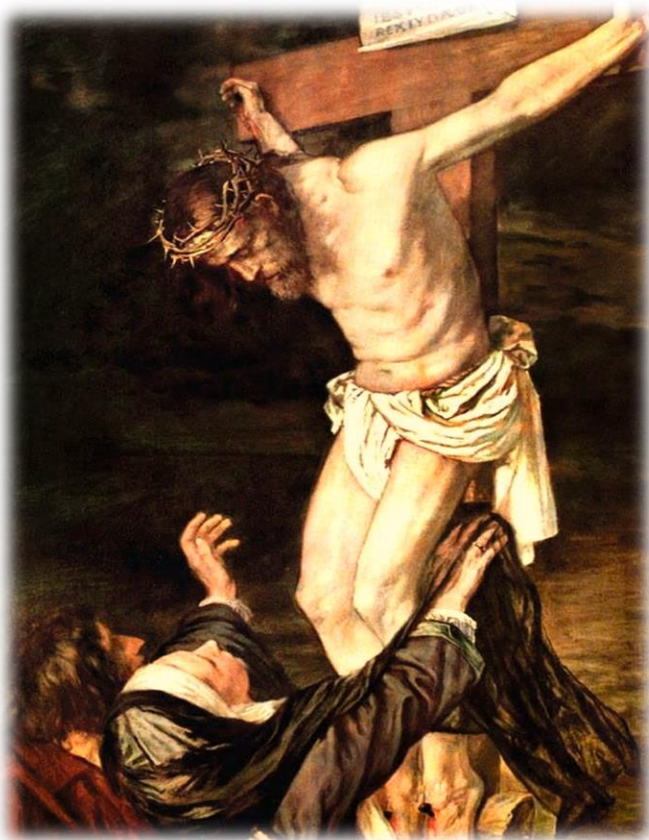


# **FORGIVE**



## **For Heaven's Sake**





*“As Christians, we are called to be more Christ-like. Jesus himself sacrificed his life on the cross in order to forgive all of humankind for their sins. It is only righteous for us to also forgive one another for our sins and demonstrate the grace that God has so generously provided us with. These powerful prayers for forgiveness of sins and others will help to put your heart at rest.”*

*~ Natalie Regoli, ConnectUs*



### *LAMB OF GOD PRAYER*

Lord Jesus Christ, you said that those who have been forgiven much will love much. I confess that I often lack love for you because I lose sight of how much I have been forgiven. No day of my life has passed when I did not need your forgiveness and grace. No day of my life has passed when you have not been willing and able to forgive. I thank you that you are the Lamb of God who takes away the sin of the world. I thank you that, in you, I am free from the fear of death and have received the gift of eternal life. In your mighty name, Amen.

### *MY DEBT IS PAID PRAYER*

Everlasting Father, forgive me for the pain that I have caused to other people. My debt has been paid in full by Jesus' precious blood. The curse of sin no longer has a hold on me. Whoever the Son sets free is free indeed. Help me to live in that freedom. As I have been forgiven by you, help me to forgive others. May I be gracious because you have been gracious to me. May I show compassion on others as you have been compassionate to me. Let me love others in the way you have loved me. Through Jesus Christ our Lord, Amen.

### *FORGIVE MY SIN PRAYER*

Loving Father, thank you that you have forgiven my sin at the cross. You have promised that my transgressions will be removed as far as the east is from the west. As I reflect on the many ways I have failed to do the right thing, I come to you in repentance and faith, trusting that all my sins have been washed away by Jesus' blood. Give me assurance that I am clothed in your righteousness and that I am blameless before you. Through Jesus Christ our Lord, Amen.





### LITANY OF FORGIVENESS

For the times I lacked compassion and concern for others...  
*Forgive me, Lord.*

For not sharing my resources of time, talent, and treasure...  
*Forgive me, Lord.*

For holding grudges and refusing to have a forgiving heart...  
*Forgive me, Lord.*

For the times I have criticized and gossiped... *Forgive me, Lord.*

For not reaching out to comfort and console others... *Forgive me, Lord.*

For not caring for myself physically, emotionally, and spiritually... *Forgive me, Lord.*

For the ways I misuse nature and damage the environment...  
*Forgive me, Lord.*

For those times when I talked more than I listened... *Forgive me, Lord.*

For my prejudices, biases, and deliberate acts of discrimination... *Forgive me, Lord.*

For being greedy... *Forgive me, Lord.*

For the misuse and abuse of the wonderful gift of sexuality...  
*Forgive me, Lord.*

For failing to see your face in the homeless and helpless...  
*Forgive me, Lord.*

For believing I could save myself... *Forgive me, Lord.*

For not living fully for you... *Forgive me, Lord.*

For doubting that you can and will forgive me unconditionally... *Forgive me, Lord.*

For doubting that you love me with an everlasting love...  
*Forgive me, Lord.*

Amen.



### *FREE FROM SHAME PRAYER*

Heavenly Father, thank you that you know my every need. When I fail, you forgive. When I stumble, you show mercy. When I am hurting, you are compassionate. When I drift, you pursue me. When I am unfaithful to you, you remain faithful to me. Your word says that my faith will never be put to shame when my trust is in you. Let me trust wholeheartedly in you and live a life that is free from shame. In you, I can find everything I need. Through Jesus Christ our Lord, Amen.

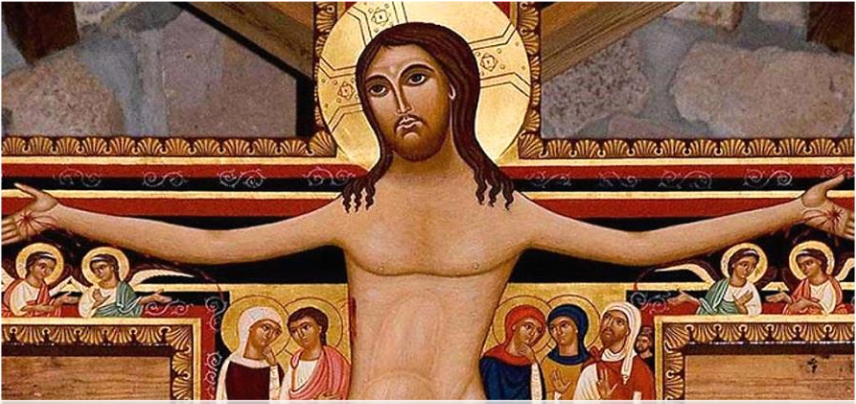
### *UNLIMITED COMPASSION PRAYER*

Heavenly Father, thank you that there are no limits to your compassion and mercy. I come to you on my knees in repentance, confessing my sin and trusting that you forgive. Show me mercy once again, Lord, and fill me with your love. Your love surpasses knowledge. Your love eases the fear. Your love transforms my heart. I believe you forgive freely and overflow with mercy. I believe that you hear me, not because of my works but because of your grace. Increase my faith in you, Lord, so that my life will reflect your glory to others. Through Jesus Christ our Lord, Amen.

### *UNDIVIDED HEART PRAYER*

Lord, my Rock and Redeemer, thank you that you are my strength and my song, you fill my heart with joy. I rejoice in your forgiveness and the grace that you have shown me throughout my life. Please renew my heart and mind. Give me an undivided heart and place a new spirit within me. Remove my heart of stone and give me a heart of flesh. Help me to imitate you through the empowering work of your Holy Spirit, who lives in me. Through Jesus Christ our Lord, Amen.





## **REFLECTION ON THE CROSS OF SAN DAMIANO**

*By Patrick McNamara, OFM*

I look to the Cross, I gaze upon its figure,  
I wait, I listen, I hope.

Will you speak, will you move, will I be moved?

Will you once again touch the heart of one who seeks?  
Of one who questions, of one who seems so lost?

Will you embrace the soul, as you did of Francis?  
Will you take it to Yourself?

Will you give it peace, give it comfort, give it love?

This soul waits, listens, prays for such grace.  
This soul seeks the Love from the Lover.

It wavers. It stumbles. It falls.

Your gaze looks down, embraces all.  
Takes all, Loves all. Your grace heals, accepts.

Again you respond. Again you love.  
Again you speak to a searching and troubled heart.  
I turn. I continue the journey. I continue in Hope.  
I too have heard you Speak.



### *HELP ME FORGIVE PRAYER*

King of Kings, Lord of Lords, thank you that you hear and answer my prayers. You have said that, when I pray, if I am holding anything against anyone, I should forgive them so that you will forgive my sins and hear my prayer. Lord, forgive me for my sins and help me to forgive those who have sinned against me. Make me aware of any lack of forgiveness that is in my heart and give me the strength I need to forgive. Increase my faith that I may forgive others freely in the same way you have forgiven me. Through Jesus Christ our Lord, Amen.

### *PRONE TO WANDER PRAYER*

Loving Father, thank you that you have plans for me that are for my good and your glory. Though I am prone to wander from your path, you pursue me and draw me back to you. Forgive me, Lord, for the times I have strayed. You have promised that your peace, which transcends all understanding, will guard my heart and my mind in Christ Jesus. Remind me that, through the life, death, and resurrection of Jesus, I am at peace with you. Let that peace fill my whole life. Through Jesus Christ our Lord, Amen.

### *DEPTHS OF MERCY PRAYER*

Lord Jesus Christ, thank you that you are always good to me, you always act in my best interests. I am sorry for the times when I have gone astray, forgetting your grace and chasing the fleeting pleasures of the world. Remind me again of the depths of your mercy. Your death has conquered my sin. You have made a way for me to be welcomed back into your family when I had wandered. Fill my heart with your love and fill my eyes with your glory so that I may live a life of joyful obedience to you. Through Jesus Christ our Lord, Amen.







*"Create in me a clean heart, O God, and put a new and right spirit within me." ~ Psalm 51:10*

† *Create in me a clean heart, open and receptive, so that I may embrace the many ways you choose to visit my life.*

† *Create in me a clean heart, cleared of the refuse of old battles with others and deadly opposition with myself.*

† *Create in me a clean heart, purified through the daily disruptions and the life encounters that take me beyond my grasping control and ego-centeredness.*

† *Create in me a clean heart, freed from the clutter of cultural enticements, so that I can enjoy the beauty of life's simple things and relish the gifts I easily take for granted.*

† *Create in me a clean heart, bathed from harsh thoughts, shame, and perfectionistic tendencies, warmly welcoming others with the embrace of nonjudgment.*

† *Create in me a clean heart, brushed free of frantic busyness, so that I will have time to dwell with you in the listening space of solitude and silence.*

† *Create in me a clean heart, rinsed of the residue of false messages about my identity, enabling my inner goodness and light to shine through all I am and do.*

† *Create in me a clean heart, cleansed of anxiety and lack of trust, restoring in me an enduring faith in your abiding presence and unconditional love.*

† *Create in me a clean heart, scrubbed of racism and prejudice, drawing me toward all as my sisters and brothers.*

† *Create in me a clean heart, washed with your mercy and strengthened by your love, helping me move beyond whatever keeps me from union with you.*



### *NAILED TO THE CROSS PRAYER*

Mighty God, thank you that you will never leave me or forsake me. I have sinned against you and against others. You have promised that, if I confess my sin, you are faithful to forgive my sin and purify me from all unrighteousness. Thank you that I can always rely on you to carry out what you have promised. Thank you that all my sin was nailed to the cross with Jesus and I no longer need to carry it. Hear my prayer for forgiveness today, Lord, and enable me to live for you. Through Jesus Christ our Lord, Amen.

### *HAVE MERCY PRAYER*

Everlasting Father, thank you that you are merciful and forgiving to your people, even though we have rebelled against you. Many times I have turned away from you to try and rule over my own life. I have sinned in thought, word, and deed, but your mercy is greater than my sin. Your love is bigger than my rebellion. You have said that my faith will never be put to shame when my trust is in you. Forgive me, Lord, and guide my words, thoughts, and deeds today that I may live in a way that glorifies you. Through Jesus Christ Our Lord, Amen.

### *PARDON MY SIN PRAYER*

Mighty God, there is no god like you. You pardon sin and forgive the transgressions of your people. You do not stay angry forever but delight to show mercy. You will again have compassion on me; you will tread my sins under your feet and will hurl all my iniquities into the depths of the sea. I do not deserve your love, but you give it freely, as a gift of your grace. May I find rest, free from accusation and condemnation in your arms. Through Jesus Christ our Lord, Amen.





## THE CHAPLET OF DIVINE MERCY

*(Pray on Rosary beads)*

**Optional Opening Prayer:** *You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.*

**Repeat three times:** *O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!*

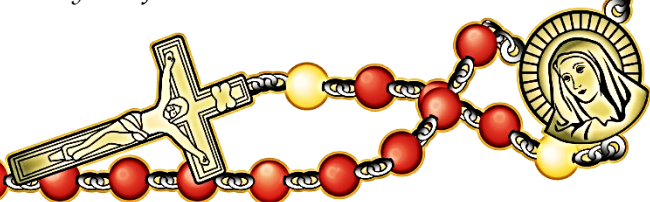
**Say an Our Father, Hail Mary & Apostles' Creed.**

**On the large beads, pray the following:** *Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.*

**On the 10 small beads, pray the following:** *For the sake of His sorrowful Passion, have mercy on us and on the whole world.*

**Conclude with Holy God (Repeat three times):** *Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

**Optional Closing Prayer:** *Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.*



# **The Lord's Prayer**

**Our Father, who art in heaven,  
hallowed be thy Name,  
thy Kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,**

**PAUSE**

**as we forgive those  
who trespass against us.**

**PAUSE**

**And lead us not into temptation,  
but deliver us from evil. Amen**