

5 Prayers for the Journey to Forgiveness

**Simple Prayers to Begin the Process of Releasing Hurt
and Finding Forgiveness**



Introduction

Forgiveness is one of the hardest things we're called to do—and it's often a process that takes time, honesty, and God's strength. These prayers are here to help you take small steps toward releasing the hurt and inviting God's healing. Use them in your quiet time, journaling, or whenever bitterness feels heavy.



PRAYER 1 – HONESTY BEFORE GOD

“Lord, this wound hurts deeply. I don’t want to pretend it doesn’t matter. Help me to bring my pain honestly before You, knowing You care about every detail.”

“Cast all your anxiety on Him because He cares for you.” (1 Peter 5:7)

PRAYER 2 – REMEMBERING GOD’S GRACE

“Father, remind me of the grace You’ve poured out on me. As You have forgiven me freely, help me begin to extend that same grace—even when it feels impossible.”

“Forgive as the Lord forgave you.” (Colossians 3:13)

PRAYER 3 – RELEASING CONTROL

“God, I release this hurt and the desire for revenge into Your hands. You are just. You are good, and I trust You with what I cannot carry.”

“It is mine to avenge; I will repay, says the Lord.” (Romans 12:19)

PRAYER 4 – STRENGTH TO PRAY FOR THE OFFENDER

“Lord, give me strength to pray for the one who hurt me. I may not feel ready, but I choose to ask for Your mercy and light to touch their heart.”

“Love your enemies and pray for those who persecute you.” (Matthew 5:44)

PRAYER 5 – DAILY RENEWAL

“Father, I know forgiveness is not one moment but a journey. Each day, help me release this burden again and walk in the freedom of Your peace.”

“His mercies are new every morning.” (Lamentations 3:23)

A Final Word

Forgiveness doesn't erase what happened, but it opens the door for God's healing love to enter. Take it one prayer at a time, trusting that He will walk with you each step of the way.

If this guide encouraged you, stay connected with me at holymesswholeme.com for more resources on faith, mental health, and healing through brokenness.

