



## **Forgiveness: A Prayerful Response to help forgive others**

I encourage you take time to consider before the Lord if there is anyone that you feel you have not forgiven for the hurt and pain and injustice they have inflicted on you or others close to you,

- If so bring them clearly to mind.
- Tell your heavenly Father what they have done to you – be open and honest.
- Tell your heavenly Father what you would like to see happen to this person – be direct and straight forward, express your anger – he understands.

Now pause and look to the cross and imagine Jesus lovingly calling you to come to him.

- Consider what you want to say to Jesus about the person who has deeply hurt you.
- Tell Jesus just how hard and difficult it is to forgive the person because of what they have done.
- Now imagine the person who has hurt you, coming and standing nearby.
- Looking at Jesus and pointing to that person, and as an act of your will, and with God's help, say **"Jesus grant this person what you have granted me."**
- And hear Jesus say **"Blessed are you, for you are forgiven as you have forgiven. You are free. You are never more like me and my Father than when you forgive. Go in peace."**