

# FORGIVENESS PRAYER

Precious and Beloved God, My Source and My Creator;  
Today I ask for and open myself to receive the strength, courage and compassion required to forgive myself. I forgive myself for all perceived sins, faults, mistakes and failings. I forgive myself for every thought, belief, behavior, perception and emotion that I have told myself is bad, wrong, unjust, unloving and displeasing to You God. I forgive myself for every hurt, judgment, condemnation, unkind or unloving thought, belief and perception I have held about or against anyone. I also forgive myself for any behaviors or actions motivated by un-forgiveness. I forgive myself for every hurt, judgment, condemnation, unkind or unloving thought, belief and perception I have held about or against myself. I forgive myself for any behaviors, habits or actions motivated by an unwillingness to forgive myself. I forgive myself with compassion and love. I ask for, accept and claim God's forgiveness. Today, believing and knowing that because I have asked, I have received, I am so grateful.

**I Let It Be!**

**And So It Is**

