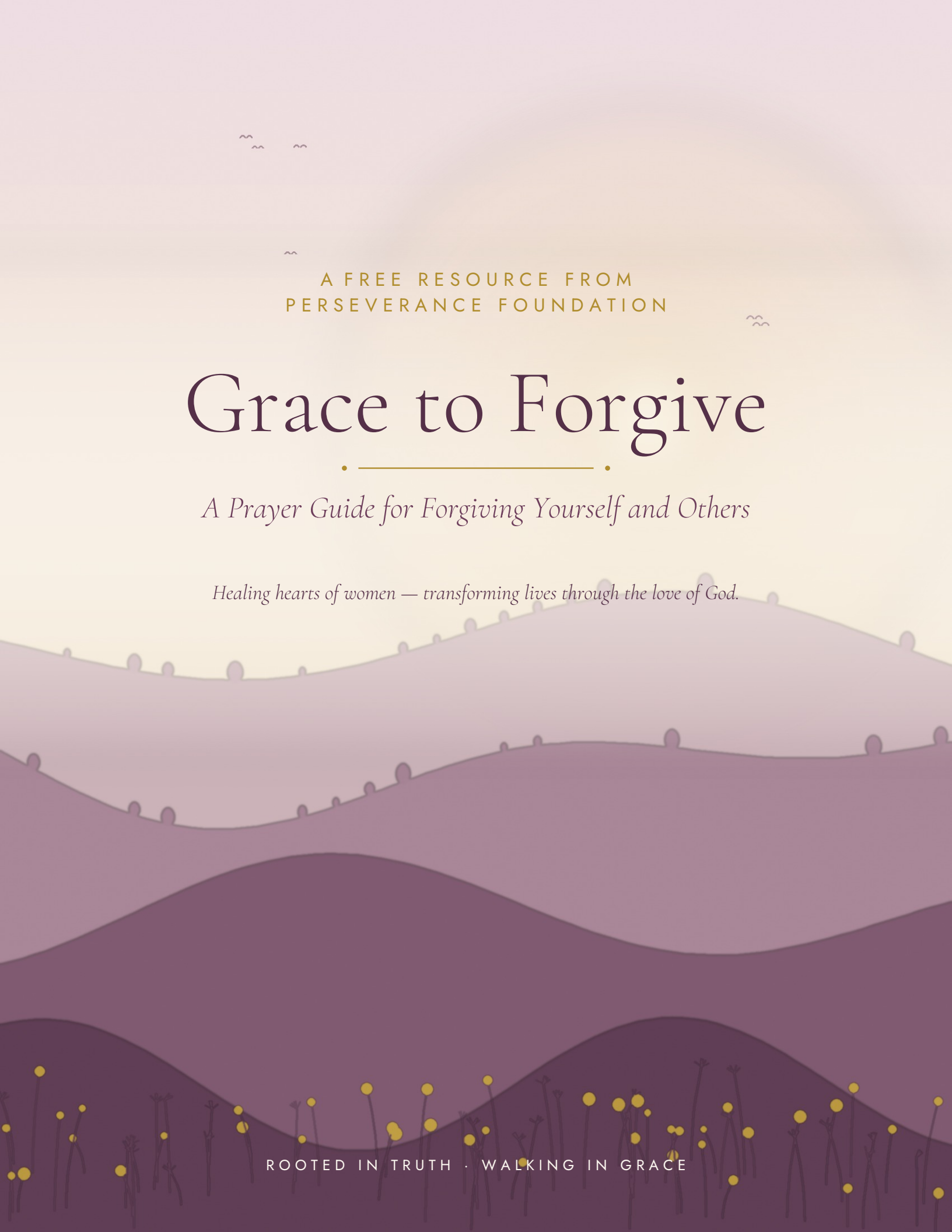




A FREE RESOURCE FROM
PERSEVERANCE FOUNDATION

Grace to Forgive

A Prayer Guide for Forgiving Yourself and Others

Healing hearts of women — transforming lives through the love of God.

ROOTED IN TRUTH · WALKING IN GRACE

GRACE TO FORGIVE

Welcome, Beloved

Forgiveness can be one of the hardest steps in the healing journey. Sometimes we need grace to forgive someone who hurt us deeply. Other times, we need grace to forgive ourselves for choices, regrets, or pain we have carried too long.

This prayer guide was created to help you gently come before God, release what has been heavy, and receive His mercy, healing, and peace.

intention

Forgiveness does not mean the pain did not matter.

Forgiveness does not mean what happened was okay.

Forgiveness does not mean you must return to an unsafe relationship.

Forgiveness means placing the wound, the person, and the burden
into the hands of God.

GRACE TO FORGIVE

Scripture for Your Heart

“Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.”

— EPHESIANS 4:32

“There is therefore now no condemnation to them which are in Christ Jesus.”

— ROMANS 8:1

“He healeth the broken in heart, and bindeth up their wounds.”

— PSALM 147:3

Let these words rest over you as you pray. They are not distant promises — they are your Father’s heart toward you, today.

GRACE TO FORGIVE

Prayer to Forgive Others

Father God, I bring before You the person who hurt me. You know what happened. You know the words, the actions, the betrayal, the disappointment, and the pain that followed.

Lord, I do not want bitterness, resentment, or unforgiveness to rule my heart. I ask You to help me release this person into Your hands.

Today, by faith, I choose to forgive. I release the need to punish, prove, replay, or carry this pain on my own. I trust You to be my Defender, my Healer, and my Righteous Judge.

Heal the places in me that were wounded. Restore my peace. Teach me how to walk in love, truth, wisdom, and healthy boundaries.

In Jesus' name, amen.

Prayer to Forgive Yourself

Father God, I come before You with the places in my heart where I have blamed myself. I bring You the regret, shame, guilt, and heaviness I have carried.

Lord, forgive me for holding myself captive to what Jesus has already paid for. Help me receive Your mercy. Help me believe that I am not condemned.

I choose to forgive myself. I release self-punishment, shame, and the lie that I am beyond Your grace.

I am not my worst moment. I am not my regret.

I am not what shame says I am.

I am Your daughter. I am forgiven. I am loved.

I am being healed and restored.

In Jesus' name, amen.

Reflection Questions

Take a quiet moment with God and write honestly.

1. Who do I need to forgive?

2. What have I been carrying that God is asking me to release?

3. What do I need to forgive myself for?

4. What lie has shame spoken over me?

5. What truth does God want me to receive today?

GRACE TO FORGIVE

Forgiveness Declaration

Because of Jesus, I am forgiven.

Because of His mercy, I am not condemned.

Because of His love, I can release what has hurt me.

Because of His grace, I can forgive myself and others.

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I release bitterness. I release shame.

I release self-condemnation.

I receive mercy. I receive healing. I receive peace.

God is restoring my heart.

God is renewing my mind.

God is leading me into freedom.



CLOSING BLESSING

Go in Peace, Daughter



May the Lord meet you in the tender places of your heart.

May He lift the burden you were never meant to carry.

May He give you grace to forgive others, courage to forgive yourself, and
wisdom to walk forward in peace.

You are forgiven. You are beloved.

You are healing. You are not alone.

In Jesus' name, amen.

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