



Forgiveness Prayer *

*Spirit of God,
At this time,
I am unable or unwilling to forgive.
I know not which.
Fill me with the wisdom of forgiveness.
Bring me to the beautiful truth
that forgiving others is part of my own healing.
Cleanse me of the poison of unforgiveness.
Shine light so I can see how unforgiveness
affects my physical, emotional, and spiritual health.*

*Today,
I am unable or unwilling to forgive.
I know not which.
Just give me the desire to forgive.
Just the desire.
This is all I ask today.
Give me the desire to forgive,
For I know, trust, and believe
firmly in my heart,
that desire will grow,
and the day will come
when I am both willing and able to forgive.*

Amen



** Taken from the book: [Life Is Messy](#) at p. 126*

by Matthew Kelly

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