

PRAYER FOR FORGIVENESS V

Dear Heavenly Father, I thank you for Your love and kindness toward me. It is Your kindness that has led me to repentance, turning from all my sins and turning to you.

I admit that I have not been kind, patient and loving to others when they have offended me. I have allowed bitterness and resentment to grow in me, separating me from others and You, Father. At times, I have forgotten this unforgiveness in my heart. This unforgiveness festers deep within me, at times beyond my conscious reach. This affects every aspect of my life and gives the enemy a right to torment me as stated in Matthew 18. I confess that this unforgiveness and bitterness is affecting my life and relationships today. Because of these past hurts, I acknowledge the inability to love or trust others.

I understand that forgiveness is not an emotion but an act of my will. I now choose to exercise my will to forgive others as You, Father, have forgiven me. Father, I know that You are a searcher of the heart. I ask You to search my heart. Reveal to me any hidden and secret unforgiveness or bitterness toward others that have hurt or offended me. I choose not to be ruled by a spirit of bitterness. I choose to forgive and have a spirit of peace and love in my heart. I repent, forgive and release these people right now.

I ask you, Heavenly Father, to forgive me and restore me as I forgive those who have offended me. Jesus promised that the Holy Spirit would bring everything to our remembrance.

Dear Holy Spirit, I am asking You to bring to my remembrance anyone I have to forgive and I will forgive them in Jesus' name. Amen.

Prayer for Everyone.. (Difficult but Beautiful)

Respect everyone, Christ resides in everyone. Be sensitive to others, they are your brothers and sisters.

Think well of everyone - think ill of no one. Try to find something good even in the worst of circumstances. Always speak well of others - do not cast a slur on anyone. Repair any harm resulting from an uttered word.

Do not provoke strife between people.

Speak to everyone in the language of love.

Do not raise your voice. Do not swear. Do not vex others. Do not provoke tears. Reassure others. Show a kind heart.

Forgive everyone everything. Do not hold grudges. Always be the first to extend your hand as a sign of reconciliation.

Act always to your neighbor's advantage. Do good things to others, as you would like them done to you. Never give a thought to what others owe you, but always to what you owe them. Be actively compassionate in time of suffering. Be quick to offer consolation, counsel, assistance, kindness.

Work conscientiously - others benefit from the fruits of your labor, just as you benefit from the labors of others. Be active in your community.

Be open to the poor and the sick. Share your goods.

Try to see the needs of those around you. Pray for everyone, even your enemies.

Stefan Cardinal Wyszyński

Daily Meditation Asking God & God's Giving

I asked for Strength, and God gave me Difficulties to make me strong.

I asked for Wisdom, and God gave me Problems to solve.

I asked for Prosperity, and God gave me Work

I asked for Courage, and God gave me Danger to overcome.

I asked for Love, and God gave me Troubled People to help.

I asked for Favors, and God gave me Opportunities to do good works.

I received nothing I wanted. I received everything I needed.

JESUS, HELP ME!

In every need let me come to You with humble trust, saying: Jesus, help me! In all my doubts, perplexities, and temptations: Jesus, help me!

In hours of loneliness, weariness and trials: Jesus, help me!

In the failure of my plans and hopes, in disappointments, troubles and sorrows: Jesus, help me!

When others fail me, and Your Grace alone can assist me; Jesus, help me! When I throw myself on Your tender Love as Saviour: Jesus, help me!

When my heart is cast down by failure, at seeing no good come from my efforts: Jesus, help me!

When I feel impatient, and my cross irritates me: Jesus, help me!

When I am ill and my head and hands cannot work and I am lonely: Jesus, help me! Always, always, in spite of weakness, falls and shortcomings of every kind: Most Sacred Heart of Jesus, help me and never forsake me!