



Lesson 14 Sample Prayer

Father,

Thou knowest where in my heart I can work on the power and gift of forgiveness. Thou knowest the conflicts I have felt in my heart towards other people, and that includes myself. I ask Thee for Thy help to give me the strength to end the personal conflicts in my life and in my heart.

I ask Thee for the strength to love my enemies – which includes anyone that I might have been frustrated with, angry with, or felt contention with. If I feel these feelings, it means I need to repent and turn to Thee and forgive.

I know when someone is hurting inside, it causes them to hurt other people around them. Please bless _____ to see themselves as Thou sees them. Help them to turn to Thee for the answers they need in their lives. I pray for a desire to keep praying for them. And I pray that they will come to know the truth about themselves.

I praise Thee for this chance to remove the beam from my own eye FIRST. I know, as I do this, that I can feel empathy and start to see people as Christ sees them. I can feel Christ's perfect love for me when I'm spiritually focused and when I forgive, it gives me bursts of spiritual momentum to feel Thy perfect love.

I don't want anything or anyone EXCEPT THEE to be the dominating influence in my life. I want to keep my power of agency by giving my heart and any offenses to Thee and have the Savior cleanse me. I know, as I forgive, it doesn't mean I should return to any abusive situations or relationships, but it does give me the space to give that person to THEE, because Thou art the perfect judge. I cannot pass final judgement, that is not my role.

I know the path of forgiveness is one that was walked by Jesus Christ. He knows how to help me forgive because He had to forgive all men. I know as I evaluate situations in my life that I will be guided by the spirit instead of anger or self-interest. As I evaluate my past mistakes, or anyone else's mistakes, that I can do so with the spirit and the light of the Holy Ghost can teach me. I praise Thee for how Thou values me, and that Thou loved me so much that I received the ability to be free because of my Savior Jesus Christ. I choose to give up all anger, resentment, jealousies, or anything else to THEE and Thou wilt take all of those emotions and help me to



forgive fully and completely. I praise Thee for this ability to find true freedom in my soul. I praise Thee that my worth is so great in Thy sight.