

Some Helpful Advice about Forgiveness

1. Attempt some of level of justice.

-If someone hurts us, we need to let him/her know the level of hurt, so as to dissuade it from continuing in the future.

2. Basic forgiveness.

-Jesus told us to forgive others. **Mt 6:14-15:** *If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.*

-Our Father...and forgive us our trespasses, as we forgive those who trespass against us....

-Remember: God wants to save the persons who hurt us. Since we love God, we also want these persons to be saved.

-Proverb: Holding resentment and unforgiveness for past hurts is like drinking poison and waiting for the other person to die.

-Below are two powerful short prayers of forgiveness.

Light of Christ Prayer to Forgive

Lord Jesus Christ, may Your light be on _____ so that he [she] may see himself [herself] as the Heavenly Father sees him [her]; and that I may see him [her] as the Heavenly Father sees him [her].

Light of Christ Prayer [modified]

Lord Jesus Christ, may Your light be upon me that I may forgive _____ as the Father has forgiven me.

3. Sacramental Confession.

-Confess self-pity, resentment, pride, and anything else that may be stirring up inside.

-I like to continue to confess these until there is no emotion attached to the thought of the person who hurt me. Sometimes I confess “an ongoing low-level of resentment and pity.”

4. Reframe thinking patterns.

-Meditate on the passion of Christ. He didn't do anything wrong, and He was tortured because of our sins.

-Think about the suffering of the saints. St. Josephine Bakhita had 144 scars on her body.

When people would ask her how she is doing, she would reply: “As the Master desires.”

-God is teaching us how to grow in virtues: humility, patience, forgiveness, charity, etc.

-Quick Forgiveness Prayer: Lord, let nothing in me affect his [her] relationship with You. I give You thanks for showing me my defect through him [her] and allowing him [her] to be my instrument of purification. Amen.

-God sees everything and wants everyone to be saved. For extreme hurts, God will take care of it. He will discipline the person(s) that hurt us.

Rom 12:19: *Beloved, do not look for revenge but leave room for the wrath; for it is written, “Vengeance is mine, I will repay, says the Lord.”*

5. Offer up your sufferings.

-The Blessed Virgin Mary appeared in Fatima, Portugal and asked us to offer up our sufferings. Some of our struggle may be coming from demonic influence.

Spiritual Warfare Prayer [when the temptations are stronger than normal]

Heavenly Father, please release 10 souls from Purgatory for each instance the demons tempted me in any way in the last 24 hours. I ask this in the name of Jesus, in union with the Holy Spirit.

Prayer to Offer Up Sufferings

Heavenly Father, You know all my sufferings—my mental sufferings, my physical sufferings, my emotional sufferings, and my spiritual sufferings. For the last 24 hours, I unite all these sufferings to Jesus on the Cross for Him to offer to You as a prayer to use as You wish. I pray this in the name of Jesus, in union with the Holy Spirit.

6. Aspirations (prayed throughout the day)

-Practice the “10-second rule”: we try to begin a short prayer within 10 seconds of any temptation (anger, lust, resentment, etc.) or any negative thought about another or ourselves. [Turn the temptation into a prayer.]. Gently pray it from the heart, not as a compulsion to an intrusive thought.

-Aspiration examples:

--O Mary, conceived without sin, pray for us who have recourse to thee.

--Jesus, I trust in You.

Deeper Prayer of Forgiveness

- Blessed be the name of the Lord.
- Jesus, mercy.
- Immaculate Heart of Mary, pray for me.
- Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.
- The Lord is my shepherd; there is nothing I shall want.
- Jesus, Mary, and Joseph, I love you. Save souls.
- My Mother, my confidence.

7. Ask God for extra graces.

- God permitted these difficulties. Pray for peace in “your walk” or on your journey.
- We don’t always cooperate with God’s graces. Below is a powerful prayer.

Prayer for All Graces

O my God and my All, in Your goodness and mercy, grant that before I die I may regain all the graces which I have lost through my carelessness and folly.

Permit me to attain that degree of merit and perfection to which You did desire to lead me and which I failed by my unfaithfulness to reach.

Mercifully grant also that others regain the graces which they have lost through my fault.

This I humbly beg through the merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary. Amen.

8. Seek advice from your priest or deacon.

- Or, perhaps a good spiritual director or good Catholic therapist will help.

9. Watch the YouTube video on unilateral forgiveness.

- Search: YouTube Larry Christenson Unilateral Forgiveness Track 1.
Then watch track 2.

1. Ask the Holy Spirit to show you who you need to forgive (family member, friend, abuser, yourself; maybe you feel like God has abandoned you or does not hear your prayers).
2. Picture the person in front of you and pay attention to what you feel in your heart and body.
3. Make an account of the debt that the person owes you. What did he/she take from you? How did he/she hurt you? It is okay to feel angry or nothing at all.
4. In your imagination, tell the person what he/she did to hurt you and how it has affected you.
5. Ask the Holy Spirit to reveal to you any identity lies that you believe about yourself based on the negative incident(s). [Some examples of identity lies: “I can’t stop this.” “They are too strong.” “I’m damaged and tainted.” “I’m not loved.” “I’m not desired.”]
6. Now renounce the identity lies. E.g., “In the name of Jesus Christ, I renounce the lie: ‘I am not loved or cared for.’”
7. Ask Jesus to reveal the truth about your identity. Then announce the truth of your identity in Christ. E.g., “In the name of Jesus Christ, I announce the truth: ‘I am seen, I am loved, I am valuable in God’s eyes.’”
8. Ask the Holy Spirit to reveal to you any condemning judgments you hold toward the person who hurt you.
9. Renounce these judgements in the name of Jesus. E.g., In the name of Jesus, I renounce: “I hope this person suffers greatly for what he/she did to me.”
10. Renounce any unhealthy attachment that you have to the person. E.g., “In the name of Jesus Christ, I renounce every unholy soul tie I have with _____ and I break its power and cancel its effects.”
11. Bring the person with you to meet Jesus on the Cross at Calvary. Look at the care and mercy on the face of Jesus as He looks at the person. Ask Jesus to forgive the person (and you).
12. Ask Jesus to give you the grace to forgive the person. Then turn to the person and forgive him/her.
13. Pray a prayer of blessing for the person and ask God to bless him/her in the opposite way he/she hurt you. Then ask God to heal the person and you.
14. Thank Jesus for His forgiveness and healing.