

The Four Way Prayer of Forgiveness

Part I: FORGIVE - Hold up to the Lord all the things about the person that trouble you.

Have the person with whom you are praying hold up to the Lord all the things a particular person has done that bothers her or has hurt her. I tell my clients, "I want you to put your hands together and pile up, in your hands, all the things you are going to list to give to the Lord. For example, If it is your father, list and name those things that upset you about him and specific ways he has hurt you. It is important to verbally state each thing as you are placing them in your hands." When the person is finished (and do ask if they are finished), tell her to turn her hands over and release all of these things to the Lord. At this point, pray a prayer similar to this:

PRAYER: Lord Jesus, we give you each one of these things and ask that you take them and pour your love and healing power through them. We thank you, Lord, that you have the power and the grace to redeem them. We ask you, Lord Jesus, to lift all the pain and hurt that has been involved with each one of these things, that you lift it from (person's name) heart, from her mind, from her body, and from her spirit. We ask that you lift the burden of these things from her shoulders. We give all this to you, Lord, and we trust you to deal with them. Thank you Lord for taking each one of these things. Amen.

Part II: FORGIVE - Hold up to the Lord all the things about you that trouble this person.

Have the person with whom you are praying put her hands together again and hold up all those things about herself that may trouble the person she is forgiving. Have her offer up those things about her that might trouble the other person, or ways that she has contributed to the problem or responded in sin. Then, have her go through the same process of verbally listing these things and piling them up, one by one in her hands. When she can't think of anything else, ask her to lift up her hands and turn her hands over and release these things to the Lord. Now pray the same type of prayer:

PRAYER: Lord Jesus, we ask you to pour your love and healing power over these things. We ask you to take them and we thank you for taking them, dealing with them, and releasing this burden from (name). We trust you to heal this hurt and pain. We thank you for your forgiveness, in Jesus' name. Amen.

Part III: BLESS - Hold up to the Lord your heart's desire for this person.

Have her hold that particular person up to the Lord and share with the Lord what the desire of her heart is for this person. Say, "Lord, this is my Dad and this is what I would like for you to do with my Dad." (If the person has died, it's still okay to lift up the person and share with the Lord what the desire of your heart is for him.) Have her list those things, placing them in her hands. When she is finished, have her turn her hands over and give them all to the Lord, just as before. At this point, pray something like:

PRAYER: Lord, we give (name) to you. We thank you that you are able to handle him better than anyone else. Bring about your perfect will for (name) and let your love pour into him and your healing power flow over him. Bless him Lord. We release him into your care. Amen

Part IV: BLESS - Hold up to the Lord your heart's desire for yourself.

Lastly, have the person hold herself up to the Lord and share with Him what the desires of her heart are for herself, what she would really like to see Jesus do in her life today, particularly as they pertain to her relationship with this person. Have her say these things out loud, put them into her hands and release them.

PRAYER: Lord, we release these things to you and ask that you pour your love, mercy and grace into them. We thank you that (name) trusts you with these things. Surround her with your heavenly angels. Help her to know how much you love her. Amen.

(adapted from Francis MacNutt, Christian Healing Ministries)