

Forgiveness Prayer to Accompany Trauma Prayer

Father, I come to You in the Name of Jesus Christ. I need healing from traumas. I know that the first step to be healed is to forgive.

I repent for unforgiveness that I hold and I make a decision now to forgive those who had a part in traumatizing me.

Think of the person and what they did or did not do

I forgive them for:

(List and speak forth everything that the person did or did not do that brought you pain, trauma, hurt, etc. Be as specific as possible. Let the Holy Spirit help you.)

I give up my right to be angry and seek revenge. I give up my right to blame.

I put this person into Your hands. If they are still alive, I ask you to bless them and their future.

Bless me now Father with healing for every trauma, pain, hurt, sorrow and grief, in Jesus name.