

A Prayer for You

From the article “Forgiveness Without Forgetting: What Biblical Forgiveness Really Looks Like”

Father, You know what happened. You were there when it happened, and You have never once asked me to pretend it didn't.

I'm bringing You the whole thing — the moment, the words, the years, and everything it cost me. I'm tired of carrying it. I'm tired of rehearsing it. And I'm tired of feeling guilty that I haven't got over it on somebody else's schedule.

Today I'm choosing to release my right to repay. I give You the judgment I've been holding. You see what no one else saw, and You are just in a way I could never be. Take the weight of this out of my hands, and if I pick it back up tomorrow, meet me here again.

Where my heart is hard, soften it slowly. Where I've grown bitter, show me gently, without shame. Where I've confused forgiveness with allowing harm, give me clarity and courage to set the boundaries wisdom requires. Help me love without leaving myself unprotected.

I'm not asking You to make the memory disappear. I'm asking You to take its power. Let it stop steering my decisions, my nights, my relationships. Heal what only You can reach, and give me patience with how long that may take.

And Lord, thank You for forgiving me. Not because I deserved it or explained myself well, but because that's who You are. Let that mercy work its way through me. In Jesus' name, amen.

Amen.

Scripture to sit with (KJV)

Ephesians 4:31-32

Colossians 3:12-13

Romans 12:19

Proverbs 4:23

Psalms 34:17-18