

A prayer for forgiveness and a fresh start

Father, I bring You the past without editing it. I confess what is mine, the choices I regret, and the ways I have hurt myself or others. Thank You that Your mercy is not earned by punishing myself long enough. Help me receive the forgiveness You offer and make honest amends where that is wise and possible.

I also bring You the hurt others caused. Teach me to release revenge without calling harm acceptable. Give me courage to keep healthy boundaries, seek safety, and let trust be rebuilt only through real change. Protect me from pressure to return to what is unsafe.

Lift the guilt that no longer belongs to me. Keep conviction clear and specific, and silence condemnation that says I am permanently disqualified. Show me what this new chapter requires—one habit, one conversation, one boundary, one faithful step.

Redeem what can be redeemed. Let the past become wisdom rather than a prison. Thank You that Your mercies are new and that my life is not finished. Lead me forward in truth, humility, freedom, and hope. In Jesus' name, amen.

From "Prayer for Forgiveness and a New Beginning"
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