



Behold, he cometh with the clouds,
and every eye shall see him, and they
also that pierced him. And all the tribes of
the earth shall bewail themselves because of him.
Even so. Amen.
I am Alpha and Omega, the beginning and the end,
saith the Lord God, who is, and who was,
and who is to come, the Almighty.

Revelation 1:7–8

Prayer of forgiveness

13/12/2016

Jesus Christ

My child, the prayer of the Our Father, as you and my children have been praying upon all my children during their prayers, has been a great help to my children as they are coming to eternity. Teach this prayer and divulge it to my children, teaching and explaining to them how it is to be recited, with all their contrite heart.

Prayer outline

The Alpha and Omega prayer team starts this prayer by reciting the first part of the Our Father prayer:

Our Father who art in heaven, hallowed be thy name. Thy Kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us.

Then the prayer leader asks the person being prayed over to name the people whom he or she needs to forgive. Thereafter, the person is led to recite the following prayer¹:

My loving Lord Jesus, I bring to the foot of your cross the people whom I have mentioned. I am sorry for any unforgiveness, anger, bitterness, resentment, hatred or jealousy that I have had towards them. I retract any curses that I may have placed upon them and ask you to replace these with blessings. I ask you to forgive them and lead them to your Sacred Heart. Bless them with good health, peace, love, joy and happiness. I forgive them from the bottom of my heart. Help me, dear Jesus, to let go as you did on the cross when you cried out, "Father, forgive them for they know not what they are doing!" Help me to see them with your eyes of love, mercy and compassion. I am sorry for hurting you, my Jesus. I will take this all to Confession. I love you, Jesus. I am sorry, Jesus. Heal me, Jesus. Amen.

If the person was angry with God, add the following:

I am sorry, my Triune God, my dear Lord Jesus, for being angry towards you, for questioning you, for blaming you, for blaspheming your name and for inflicting this pain upon you. Please forgive me. I love you, Jesus. Amen.

If one of the people mentioned has died, it is explained to the person that the deceased soul, through Jesus Christ, can hear his/her words of reconciliation and forgiveness². The person is then led to say

¹ For variations of this prayer, see "[Prayer of forgiveness](http://www.alpha-omega.org.za)" in "Resources" on www.alpha-omega.org.za.

² See "[Holding onto resentment towards the deceased results in worse suffering for them in eternity](http://www.alpha-omega.org.za)" (09/07/2017) in "Conversations" on www.alpha-omega.org.za.

to the deceased soul, through Jesus Christ, what he or she wanted to say while on earth but didn't have the opportunity to do ...include here... Then the person is led to recite:

I forgive you and I also ask you for forgiveness. I am sorry for hurting you. Go to Jesus' arms. Jesus loves you and has forgiven you. My loving Lord Jesus, receive him/her into your loving arms, into your light, the light of Jesus Christ.

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

The prayer is then concluded by completing the Our Father prayer with the final doxology:

And lead us not into temptation, but deliver us from evil. For the Kingdom, the power and the glory are yours, now and forever. Amen.