

## FORGIVENESS PRAYER

By and through the power of the Holy Spirit,  
I know and decree  
That all that has seemingly offended me or held me,  
I now forgive and release.  
Within and without,  
I forgive and release.  
Things past, things present, and all things future,  
I forgive and release.  
I forgive and release everything and everyone everywhere  
Past, present and future,  
That can possibly need forgiveness, or release.  
This includes forgiveness for myself  
Through the power of God now.  
Absolutely everyone and everything  
Past, present and future,  
That could possibly need to forgive and release me,  
Including myself, does so now.  
This is done now by and through the power of  
God's perfect forgiveness in me,  
And God's perfect forgiveness within us all.  
I AM free and all others concerned are now free also.  
Therefore all things are completely cleared up  
Among us all, now and forever.  
This is so, now and forevermore, under grace,  
In God's own wise and perfect ways.  
Thank you, God, and SO IT IS.

"Unforgiveness binds you to psychic ties that connect you to past trauma, hate and resentment. True forgiveness of yourself, of others, and of life situations lifts your consciousness quickly and profoundly. Forgiveness places the situation under the Law of Grace. This prayer brings forgiveness."  
- Susan Shumsky, D.D.