

Week Six: Pardon

“Forgive us our trespasses, as we forgive those who trespass against us”

God is ready to forgive us and give us courage and comfort when we admit we did something wrong. And God wants us not to carry around the grudges that sometimes we like to hold against other people.

When - We are going to pray at bedtime this week.

Where - Keep your prayer beads by your bed or by your toothbrush where they will remind you to pray a pardon prayer.

What - We will practice this line of the Lord's Prayer, praying for forgiveness, offered and received. We will also trust in God's faithfulness to heal our hurts.

Why - It is important to have more healing and less hurting. We will have hurts in our lives, but we can also face those hurts with a desire to feel better, and desire for others to feel better too.

“Forgive us... and we forgive others...” Jesus includes this prayer of reciprocal wellbeing in the midst of his prayer template for a reason—we were made to love each other. But sometimes that proves to be difficult. The gift of release and peace from conflict needs both our willingness to look in the mirror at our own part, and releasing ourselves from the grip of bitterness toward the other.

Here are two options for your beads this week.

Use these prompts to settle your thoughts and center yourself in God's presence as you enter and exit your time of prayer.

Cross (or pendant): Have mercy on me, God, according to your faithful love.

Invitatory bead (first Large): Wipe away my wrongdoings according to your great compassion.

Resurrection bead (first Medium): Wash me completely clean of my guilt; purify me from my sin!

Cruciform bead (next Large): Forgive us our debts, as we forgive our debtors.

Bead 1: Open my heart.

Bead 2: Comfort my heart.

Bead 3: Give me the courage to look in the mirror of my heart.

Bead 4: Forgive me for _____.

Bead 5: Help me forgive _____.

Bead 6: Help me let go.

Bead 7: Give me freedom from my bitterness.

End Bead: I believe you can heal the hurt.

OR

Bead 1: Help me to see where I have been wrong.

Bead 2: Forgive me my trespasses.

Bead 3: God, I have been wronged.

Bead 4: Help me to forgive others.

Bead 5: Clothe me with compassion and kindness.

Bead 6: Help me to be humble, meek, and patient.

Bead 7: As I have been forgiven, help me forgive others.

End Bead: Bind us together with love.

Resurrection bead (Medium): Lord of new life,

Invitatory bead (first Large): may I live in the light of your forgiveness.

Cross (or pendant): Have mercy on me, God, according to your faithful love.

These prayers have been created by Dr. Marcia McFee, www.worshipdesignstudio.com, for the series on prayer, “All My Days.”