

## **“I CHOOSE!” (To Forgive) PRAYER**

Lord Jesus, in Your precious name, I ask for Your compassion to touch my heart now. I come before you in prayer with my heart open to hear and receive Your Holy Spirit’s teaching. I humbly ask You to forgive me. Cleanse me from the sin of unforgiveness, which I carry toward my husband/wife, (*spouse’s name*) \_\_\_\_\_.

Father, I know we cannot go back into the past and relive our lives. We cannot erase the hurts we have caused each other. We cannot take back the hurtful words, looks, body language or any actions taken against each other. We cannot change what happened to us before we were married. It is part of our past.

### **B U T, WE CAN CERTAINLY CHANGE OUR FUTURE.**

#### **THEREFORE:**

1. **I choose** to forgive (*spouse’s name*) \_\_\_\_\_, as you Father, have forgiven me and to get on with my life, releasing him/her to do the same.
2. **I choose** to live for the future and not let the past control me. I refuse to let anger and unforgiveness have a stronghold in my life that would destroy my marriage.
3. **I choose** to release all hurts and give them to You, Lord. I will not allow them to hinder my walk with You Father, or hinder my relationship with my husband/wife.
4. **I choose** to close all doors that would give the enemy any openings to use against me or my (husband/wife), now or in the future.
5. **I choose** to recognize that Satan is trying to destroy our marriage, even to the point of physical or spiritual death.
6. **I choose** to release my mind from the lies of Satan. No longer will I allow him to have control. I will put on the mind of Christ. I will daily keep my mind renewed in Him.
7. **I choose** to walk in the victory of forgiveness, freely opening my heart to the Holy Spirit for cleansing. I will guard my heart against the deceitfulness from the enemy. I will fill it with Your Word, Father. It will give me power over the enemy as he will try to ensnare me again.

#### **YOUR PRAYER:**

I, your name, as I release old hurts, anger, lies, judgments, bitterness, criticism, mistrust and condemnations to the Lord Jesus Christ, receive in their place, His love and forgiveness. I will freely give grace and mercy to my ( husband/wife), as I have freely received from the Father. I will forgive my husband/wife for all wrongs done to me. And for all wrongs I have done to him/her, I ask forgiveness now, Father. I ask that You would bring a healing to us both. I will not continue to live in the past and allow the hurts to overshadow my future. I will start right now, to walk in the light of Your Truth. Jesus, I will trust You. You will be my strength, when temptations try to overtake me. I will listen when Your Holy Spirit alerts me and reveals the pit falls of the enemy who will try to cause me to stumble. I purpose

to be vulnerable before my (husband/wife). I will work hard to keep the freshness of Your truth in my marriage.

I, your name, will be open to receive my (husband/wife's) love. I will let the Lord Jesus reign in my life, not the old hurts of my past. I *choose* to let them go and break their power over my mind and life in Jesus' name. I will walk with my head lifted up, keeping my eyes on Jesus, the Restorer of my marriage. I will let the Holy Spirit reveal the positive side of my (husband/wife's) character and (his/her) good qualities. I *choose* to love (him/her), Father, trusting You to smooth out the rough edges in both of us. Let us truly become one flesh in mind, purpose and will. Let our lives bring glory to Your name through our healed and restored marriage. Amen!