

Prayer For Forgiving Father And Mother

My precious ministry partner Betty Gibson is the source of this prayer. Thanks, Betty.

Lord, give me divine objectivity that will enable me to forgive my father and mother.

I forgive all their offenses against me and accept them for what they have been and are even now; however, I honestly name and renounce their sin, weakness, and failure for what it was and may yet still be.

I thank You for creating my parents in Your image. I forgive them for not becoming all You created them to be. I accept them as the wounded, hurting, unhealed, needy persons they are. They need the healing that I am now receiving. I will look for the real persons You intend them to be, and in Your name I will affirm it whenever I see it. I look to You now for the affirmation I've always wanted so badly from them. Love them through me.

Somehow, as I forgive and accept them, Father-God, re-parent me according to my new bloodline in Jesus and my family inheritance in Him. Perfect in me His character and family traits You intend for me to have.

Mother (Dad), thank you for giving me life.

I forgive you that you cannot affirm the life that you gave me. I forgive you for not being able to love me or give me the acceptance I long for. I forgive you that you can never see me or treat me as a person but can only see everything in terms of your own self-centered desires.

I accept you as you have chosen to be. I will no longer strive uselessly, demanding that you change, demanding that you love me, demanding that you recognize me as a person with needs and feelings.

I now truly forgive you. I do not judge you, but I do renounce the evil that has wounded me. I no longer give the sinful actions permission to wound me or my family. Yes, I honestly name the issues as being evil: alcoholism, incest, abuse (physical, emotional, mental, sexual, verbal), emotional withdrawal, abandonment, authoritativeness or rigidity, or whatever (_____). These have had power to wound me, but no longer. By God's grace working in me, I will honor you as a person whom Jesus died for. Jesus will enable me to walk this way of tough love. I can now bless you, expecting nothing in return. I can now love you agape with the heart of the Father, by the grace of the Son, and in the power of the Spirit.

Heavenly Father, I thank You for hearing this prayer, and for enabling me to accept and fully forgive my parents, so that I am no longer bound in the chains of torment of unforgiveness, bitterness, resentment, anger, and judgment. In the name of Jesus who is my healer and my life, I am an overcomer in the power of the Holy Spirit. I am free indeed, seated at Your right hand, ruling and reigning in Christ Jesus, and ask You to enable me to be a channel of Your freedom and healing love to my parents and my family. In Jesus' name, amen.

Prayer For Forgiving My Husband

This prayer is adapted from the teaching and counselling ministry of my dear friend and ministry partner Betty Gibson.

Lord, I thank you for the mind of Christ that enables me to forgive my husband as You have forgiven me. My soul finds rest in God alone; my salvation comes from Him. He alone is my fortress, I will never be shaken (*Psa. 62:1-2, 5*). Thank You for creating my husband in Your image and that the basis of our marriage must be You. I acknowledge that my responsibility is to place all my expectations on the altar to You. I forgive my husband for not yet becoming all You created him to be. I forgive all his offenses against me, even while I honestly acknowledge sin, weakness, and failure for what they have been and still may be. I accept him with all the wounds, hurts, and needs that he has. He needs the healing that I, too, can only receive from You. I will look for the real person You intend him to be, and in Your name I will affirm it.

I look to You, my Savior, for the affirmation I've wanted so badly from him. Love him through me. As I forgive and accept him, Jesus is released to guide me to encourage him and parent our children according to Your perfect plan. Perfect in me the character of the wife You intend for me to be.

My husband, thank you for responding to God's plans for us to pledge our lives to each other. I forgive you that you cannot always affirm me, because you have not yet received all of God's affirmation of your life and therefore are not totally affirmed yourself. I forgive you that you cannot yet see me or treat me as God created me to be but tend to see many things in terms of your own needs. I forgive you for not being able to completely love me or give me the total love I long for. I realize that no human being can give me what I must look only to Jesus for. Forgive me for expecting of you what only Jesus can and should give.

I accept you as you are. I choose no longer to strive with you, demanding that you change, demanding that you love me, demanding that you meet my needs or understand my feelings.

I now truly forgive you. I do not judge you, but I do renounce the wrong that has wounded me. I will no longer give your actions permission to wound my spirit or our family. Your actions will no longer have the power to wound me.

In the name of Jesus who is my healer and my life, I am an overcomer in the power of the Holy Spirit. By God's grace working in me, I will honor you as a person whom Jesus died for and in whom He lives. Only Jesus can enable me to love you the way you deserve to be loved. I can now bless you, expecting nothing in return. I can now love you unreservedly with the heart of the Father, by the grace of the Son, and in the power of the Spirit.

Heavenly Father, I thank You for hearing this prayer, and for enabling me to accept and fully forgive my husband, so that I am no longer bound by unforgiveness, bitterness, resentment, anger, or judgment. I am free in You, seated at Your right hand, ruling and reigning in Christ Jesus. I am released to be a channel of Your freedom and healing love to my husband and my family. In Jesus' name, amen.