



Forgiveness Prayer

Begin by each of you lighting a candle—
a sign inviting God into your hearts and marriage.

During at-home prayer . . .

• *Take a moment in silence to pray for God's forgiveness.*

• *When ready, turn toward each other and each of you ask the other for forgiveness.*

• *When you have finished talking, relight your candles, embrace, and share a kiss as a sign of peace.*

Together: Dear Father, come and sit among us, talk to us, touch us with Your love. Do more than that—wrap Your arms around us and let us feel Your presence.

Father, we ask you to light up the corners of our hearts so we can see where You want to heal us today.

Come, Holy Spirit, enable us to become aware of our faults, our selfishness, and our failures to love each other as we should. Make us aware of the changes we need to make.

Man: God is a greater lover than we are sinners. His love for us is constant and unconditional. Jesus died for our sins and His light will shine forever.

Woman: Each of us has done something to hurt the other. If we don't seek forgiveness, we separate ourselves from each other and God. Yet, we are afraid to be vulnerable, to admit when we are wrong, to take the risk of looking foolish and weak in each other's eyes.

Man: We build walls and isolate ourselves. These walls keep us from loving each other as Christ taught us to love. When we don't allow Christ's light in, we live in the dark.

Blow out your candles and hold each other's hand.

Together: Father, do You want me to forgive myself?

Woman: I forgive myself for all the times I have failed. For the times when I could have done something I didn't—for bad decisions I have made.

Man: *Forgive me for the times I wasn't there for others, when I didn't listen or didn't care—for the times I was too tired, too self-centered, too busy—or just plain not interested.*

Together: Father, show us the love You have for us. Help us to accept and enjoy our own humanity. Help us to love and respect ourselves as you have created us.

Father, do You want me to forgive my fiancé (spouse)?

Woman: I forgive you when you may have failed to listen to me, ignored me or spoke words that hurt my feelings.

Man: I forgive you for the times you may have put pressure on me to be someone I am not or did not love me, as I needed to be loved.

Together: Father, we give this heavy burden back to You, Lord. We do not want to be a judge anymore. We want to be free and trusting.

Father, do You want me not to be angry with You?

Woman: Sometimes I blame You, Father, for the way things are. Sometimes I do not understand why people suffer, why babies die, why good people know poverty, pain, and hardship.

Man: It especially bothers me to see those I love suffer; I do not want bad things to happen to my family and my friends. Father, in their pain, I sometimes feel helpless and angry.

Together: Father, today we give You—our anger, our helplessness, our fears, and our anxiety about being hurt again. Father, we give You our whole lives as we have lived it thus far; You carry it for us on Your cross. Today we begin anew—today is resurrection day. Today we are free. Amen.