

## Prayer For Forgiveness and Healing

To My Creator,  
The Almighty, The  
One Who Can Do  
Anything,



I need your help.  
I have pain to  
release.  
Resentments to  
give up.  
Stories that hurt me that I can't understand.  
Help me.  
Help me to see Your guiding hand even in the pain.  
Help me to see the big picture when I am stuck in  
smallness.

Help me to find my higher self – the one  
unencumbered by fear, the one that reflects Your  
great plan for me.

Please guide me.  
Bring me on a healing journey.  
I want my heart to be at peace, my soul to be light,  
my relationships to be whole and my life to be in  
service of You.  
Bring me to a place of understanding and peace.  
To a place where I can clearly see that everything that  
You send me is for my ultimate benefit.  
Let me fall into your waiting arms forgiving myself,  
forgiving the other and forgiving You for all that  
transpired.  
I am ready to live the great life You Have planned for  
me.  
Thank you, Thank you, Thank you