

## LITANY OF FORGIVENESS

*“Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.” (Luke 6:37-38)*

### **Lord, release in us forgiveness for our enemies in the world.**

*“But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.” (Luke 6:27-28)*

For those who hate us for who we are – and those whom we disdain;  
for those who use violence to gain their ends – and for the times we do the same;  
for those who seek vengeance, not peace – and for us, when we do the same;  
Help us to forgive those enemies we name before you now, especially...

**Forgive us, Lord, and help us to forgive.**

### **Lord, please release in us forgiveness for ourselves.**

*“Jesus said, ‘But the one to whom little is forgiven, loves little.’ Then he said to the woman, ‘Your sins are forgiven.’” (Luke 7:47b-48)*

For the ways we have disappointed ourselves;  
for the things we have said that we cannot un-say;  
for the things we have done that we cannot undo;  
for the opportunities we have let go by;  
for the hurts we have inflicted on those whom we love:  
Help us to forgive ourselves for those things we name before you now, especially...

**Forgive us, Lord, and help us to forgive.**

### **Lord, please release in us forgiveness for people who have hurt us.**

*“Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses.” (Mark 11:25)*

For grudges we have held and bitterness we have fed;  
for the people who have hurt us by what they’ve said to us or about us;  
for the people who have hurt us by not valuing us;  
for those who have taken from us and not given back;  
for those who have abused our trust – and even those who have abused us  
Help us to forgive those people we name before you now, especially...

**Forgive us, Lord, and help us to forgive.**

*“All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us.” (II Corinthians 5:18-19)*

Amen!

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