

## Prayer of One Struggling to Forgive By Yvonne Ortega

Dear God,  
I'm filled with rage toward \_\_\_\_\_ for  
\_\_\_\_\_. You know he was wrong and how he hurt me.  
The Bible says I need to forgive him just as you've  
forgiven me, but I don't want to.

If I forgive him, does it mean he's off the hook? Does it  
mean I have to be friends with him again?

Help me stop replaying the mean things he said and did.  
When I do replay them, I can't eat or sleep and suffer  
from headaches or stomach aches.

I hate to admit it, but I'd like to see someone hurt him. I  
confess it's not the Christian way to think, but I have to  
be honest with you. You already know how I feel anyway.

Please help me forgive him for my own good. Without your  
help, I'll never be free from the painful memories and  
from the one who hurt me. Amen.

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