

## *A prayer to honor...*

*Lord, I have come to You so often for forgiveness for my Resentments and tempers that I fear You don't want to hear me again. I see now that my resentment is not just a surface problem I can control by my own will power.*

*I remember vividly the day when my father shouted at us children in fury simply because we were making childlike noises, and he snapped at our mother because she was there. I remember how unjust it felt and how his words burned into my spirit.*

*I judged him that day;*

*If I reacted in anger and bitterness. My condemnation dishonored him. I vowed I would never shout at my children or snap at my wife. Now, Lord, I am confessing to you that I have done it again, and I have seen the fear in my daughter's eyes. My wife has told me how I have hurt her, again.*

*I hate the damage I am doing. I see now that mere will power cannot stop this behavior. I cannot circumvent your law.*

*I am reaping an awful harvest from the judgment I sowed. Only You can free me.*

*Forgiveness:*

*Lord, I choose to forgive my father for his anger and harsh words. I choose to forgive him for hurting our mother, especially in front of her children.*

*And I ask You to forgive me,*

*Lord, for judging him, for distancing myself from him. Forgive me for the similar ways in which I have hurt my own children and my wife. By hurting them power of this judgment against my father and lift this pattern of behavior out of my life.*

*Bring to death on your cross my habits and attitudes of anger. I ask You to intervene so my family no longer reaps from my planting.*

*Resurrection to new life in Jesus:*

*Help me to encourage and build them up, not to tear down. Help me to mend the wounds I have caused and to identify with my family's pain so that I might know the cost of my sin.*

*Write it into my heart and help me to build new behavior.*

*Strengthen my spirit so I can contain all of the power and character You want to pour into me.*

**!**

***IMPORTANT: These sample prayers are not formulas; rather, they offer ideas and direction. Be led by the Holy Spirit, and use the substance of this prayer as a guide. Also, please acknowledge these prayers as sample narratives, in which gender-exclusive references are used as they would be used in a real situation. For this reason, some prayers are for a female and others for a male. All are interchangeable.***

Site Last Updated Tuesday, December 19, 2000. 13:41:17