

## Prayers for Forgiveness

**Christian (Evangelical)** From <http://www.allaboutgod.com/prayer-of-forgiveness.htm>

“Father, I know that I have broken your laws and my sins have separated me from you. I am truly sorry, and now I want to turn away from my past sinful life toward you. Please forgive me, and help me avoid sinning again. I believe that your son, Jesus Christ died for my sins, was resurrected from the dead, is alive, and hears my prayer. I invite Jesus to become the Lord of my life, to rule and reign in my heart from this day forward. Please send your Holy Spirit to help me obey You, and to do Your will for the rest of my life. In Jesus' name I pray, Amen.”

### **Jewish Viddui (confession)**

You know the secrets of the universe, And the hidden mysteries of all the living.  
You probe all the innermost chambers, and test thoughts and emotions.

Nothing is hidden from You And nothing is concealed from Your eyes.

And so may it be Your will Lord our God, And God of our fathers,  
That You forgive us for all our errors, And you pardon us for all our iniquities,  
And You atone for us For all our willful sins.

**The Following are from [WWW.PrayerinAmerica.org](http://WWW.PrayerinAmerica.org)**

### **Islamic prayer**

O God you are my Lord, there is none worthy of worship besides You. You created me and I am your servant, and I am on your path as best I can. I seek refuge in You from any evil I have committed. I confess to Your blessings upon me, and I confess to You my sins, so forgive me. Verily none forgives sins except You.

### **Serenity Prayer**

**Original version as written by Reinhold Niebuhr**

God grant me the serenity to accept the things I cannot change,  
Courage to change the things I can, and the wisdom to know the difference.

**Hindu Prayer** Translated by Swami Chidananda Source: Stotra Mâlâ: Selected Hymns, published by Chinmaya Mission  
In the beginning, as a result of my own deeds in past lives, I arrive in the womb of my mother, and stay there in all helplessness and discomfort. Forgive me, O Lord. Forgive my sinful past deeds.

### **Methodist confessional prayer before taking the bread and cup**

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all people:  
We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine majesty.  
We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us. Have mercy upon us, have mercy upon us, most merciful Father. For thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to honor and glory of thy name through Jesus Christ our Lord. Amen.[1]

### **Catholic Prayer Act of Contrition**

O my God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they have offended you, my God, who are all good and worthy of all my love. I firmly resolve, With the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.[2]

### **Buddhist Prayer Seven-limb Prayer**

Reverently I prostrate with my body, speech and mind,  
And present clouds of every type of offering, actual and mentally transformed.  
I confess all my negative actions accumulated since beginning-less time,  
And rejoice in the virtues of all holy and ordinary beings. Please remain until cyclic existence ends,  
And turn the wheel of Dharma for sentient beings.  
I dedicate all the virtues of myself and others to the great enlightenment.[3]

### **Buddhist Prayer Repentance Gatha**

All wrongdoing arises from the mind. When the mind is purified, what trace of wrong is left?  
After repentance, my heart is light like the white clouds that have always floated over the ancient forest in freedom.[4]

### **Christian "Lord, I Repent," by Reverend Chestina Mitchell Archibald:**

Blessed Lord, From the bottom of my heart, I pray in deep repentance. My guilt overwhelms me. I have not lived my life according to Your precepts. Your expectations are great and I feel unworthy of Your unconditional love. Your guidance I have not heeded. Help me overcome temptations. Strengthen me where I am weak and build me up where I am torn down. I humbly ask You for Your forgiveness and pray for the strength to make a new beginning. Though I am not worthy, please grant me Your infinite mercy and help me to mature and become more like You. I pray in Christ's name. Amen.[5]

### **Islamic Salaat Opening supplication**

O Allah! Distance me from my sin as You distanced The East from the West.  
O Allah! Purify me from my sins as a white garment is purified from filth.  
O Allah! Cleanse me of my sins with snow, water and ice.[6]

### **Jewish from the Shemoneh Esrei**

#### **The Sixth Blessing: Forgiveness**

Forgive us, our Father, for we have sinned. Pardon us, our King, for we have transgressed, For Thou art a pardoner and forgiver. Blessed art Thou, Lord, Gracious One who forgives abundantly.[7]

### **Jewish from the service on Hoshana Rabbah**

Lord of the universe, fulfill the prayers of my heart for good. Respond to my desires, and answer my prayerful petition. In Thy loving mercy forgive all my wrongdoing and that of all the members of my household, and pardon and cleanse me from all my wrongdoing and transgressions. May the thought of me come before Thee for good as with saving mercy Thou wilt think of me that mine may be a long life of happiness and peace with all my essential needs of maintenance, food, raiment, and adequate means honorably attained.[8]

[1] *The United Methodist Hymnal: Book of United Methodist Worship* (Nashville: The United Methodist Publishing House, 1989), 26.

[2] *Catholic Prayer Book*, compiled by Ruth M. Hannon (Collegeville, Minnesota: The Liturgical Press, 1991), 9-10.

[3] *Pearl of Wisdom: Buddhist Prayers and Practices, Book II*, compiled by Ven. Thubten Chodron (Seattle: Dharma Friendship Foundation, 2002), 3.

[4] *Plum Village Chanting and Recitation Book*, compiled by Thich Nhat Hanh and the Monks and Nuns of Plum Village (Berkeley: Parallax Press, 2000), 36.

[5] *Say Amen! The African American Family's Book of Prayers*, edited by Reverend Chestina Mitchell Archibald (New York: Dutton, 1997), 14.

[6] Dr. Mamdouh N. Mohamed, *Salaat: The Islamic Prayer from A to Z* (published by author, 2003), 100.

[7] Rabbi Hayim Halevy Donin, *To Pray as a Jew: A Guide to the Prayer Book and the Synagogue Service* (New York: Basic Books, 1980), 94.

[8] David de Sola Pool (ed.), *The Tradition Prayer Book for Sabbath and Festivals* (New York: Behrman House, 1960), 564.

## Guided Imagery: A Christian Conversation

The following guided imagery could be read to the participant or recorded for the participant's use.

Close your eyes and imagine that you are begin transported to Gethsemane... You see Jesus all alone, kneeling and praying... You see his power. You also see his vulnerability. You see all of his internal struggles. No one understands him. He feels alone. He feels unloved... You quietly walk over to his side and kneel next to him. You kneel there in silence... After a short while, Jesus turns to you with love in his eyes and asks, "What can I do for you?"... You look Jesus in the eyes and say, "Please tell me how you feel as you are facing death." Listen to Jesus talk about death while he is in Gethsemane... Imagine his words, his tone of voice, his facial expressions... What does Jesus say about death while he is in the garden of Gethsemane?...

Now imagine that you are being transported to the foot of the cross... You see Jesus hanging alone on that cross. He is in great pain. He feels completely deserted... After a while, Jesus sees you standing below him. With love in his eyes, he asks, "What can I do for you?"... You look Jesus in the eyes and say, "Please tell me how you feel as you are dying." Imagine how Jesus talks about death as he is hanging on the cross... What does he say about death while he is hanging on the cross?...

Now imagine that you are being transported to the throne of the resurrected Jesus. You see Jesus relieved of all his pain, basking in the glory of God... you quietly approach the throne. You kneel in silence... After a while, Jesus turns to you with love in his eyes and asks, "What can I do for you?"... You look Jesus in the eyes and say, "Please tell me how you feel after you have died." Imagine how Jesus talks about death after he has experienced the resurrection... What does Jesus say about death after the resurrection?...

## Guided Imagery: A Jewish Conversation

The following guided imagery could be read to the participant or recorded for the participant's use.

Close your eyes and imagine that you are going back to the time of Moses. You are going to be with Moses, beside him in his life's journey... You are with Moses as he stands before the burning bush. He is receiving God's call and promises... Moses claims to be a nobody. Yet God says he will empower Moses; he will comfort him and strengthen him. God says he will pour out blessings upon Moses... After receiving all of God's blessings and promises, Moses turns and sees you and asks, "What can I do for you?"... You look at Moses and say, "Please tell me how you feel at this time in your life." Imagine how Moses would describe his life now after receiving all of God's blessings and promises...

Now imagine yourself with Moses later in his life. Imagine yourself with Moses in the desert after he has witnessed the idolatry of Israel. Although Moses still has faith in God, he now feels despair and little hope for he and his people... This despairing Moses now turns to you and asks, "What can I do for you?"... You look at him and say, "Please tell me how you feel about life now." Imagine how Moses describes life at this point in his journey...

Now imagine yourself meeting Moses at the very end of his life. He realizes that God will deliver all his promises even though his people have been unfaithful. He realizes that God can even feed people in the desert... Look upon Moses at this point in his journey... Moses turns to you and asks, "What can I do for you?"... You say, "Please tell me how you view life now at the end of your life."... What does Moses say?...