

PRAYER AFTER BEING REJECTED

Lord I am hurting.
The pain runs deep.
I want to lash out.
I want them to know how they made
me feel.
I hope they fail.
I want to see it happen.

Help me to let go of these feelings.
I need your grace.
I can't do it myself.

You faced the ultimate rejection.
You came to show us how to love
the Father and each other.
They crucified you.
Yet you forgave them all.
You forgave me.

Give me a heart like yours.
When I feel the anger rising, come
to my aid.
Let me feel you nearby.
Grant me the grace to choose to
forgive.
Over and over again.

Amen.

young-catholics.com

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