

## **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.

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