

## PRAYING FOR SOMEONE WHO HAS HURT YOU

Jesus said to his disciples:

“You have heard that it was said,  
You shall love your neighbor and hate your enemy.  
But I say to you, love your enemies,  
and pray for those who persecute you,  
that you may be children of your heavenly Father,  
for he makes his sun rise on the bad and the good,  
and causes rain to fall on the just and the unjust.” –  
Matthew 5:43-45

Loving Father, it is so difficult to let go of the hurt.

First I ask you to cleanse my heart of my resentment  
towards NAME.

Grant me the grace to forgive him for this pain I feel.  
Heal my brokenness and give me peace.  
I believe you have the power to do this.  
I trust in your justice.

I lift up NAME to you in prayer.

I don't know what caused him to hurt me in this way.  
Only you can see what is in another person's heart.  
Please call to him and draw him closer to you.  
I know you have a tremendous love for all of your  
children, including NAME.

In your compassion, grant him whatever grace he  
needs today.

I ask this in the name of Jesus Christ my Lord  
Through the power of the Holy Spirit.  
Amen.

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