Forgiveness - Prayers and Affirmations

1. **For A Spring Day**
   Blessed are you, Lord,
   for the glories of
   Spring.
   The world bursts with the signs of resurrection;
   Flowers stir in their winter beds,
   Poking through the last traces of snow.
   The sun drenches us with its warmth, stirring the hidden
   and waiting life within the earth, within us.
   The world awakening reflects the movement of my heart
   And I am touched in the depths of my spirit. At work is the power of your hands,
   The Spirit of drawing life from things both old and new.
   To be praised are you, Lord For the blessings of Spring.
   -B. Arbour

1. May there be bread for the journey,
   May there be friends along the way,
   May we dare to dream and laugh and love, and seek justice every day.

   May God’s presence give us wisdom, May God’s presence grant us peace,
   May God’s be the hand that gives us strength, May we hope in the promised feast.

   All: Amen.

   —Keri Wehlander, 600 Blessings and Prayers

2. This prayer uses the familiar words from the prayer Jesus taught his disciples: **The Lord's Prayer**.

   • Breathing in: Forgive us our errors/sins/trespasses . . .

   • Breathing out: As we forgive those
   Some “Prompts” for simple personal prayers asking for forgiveness...

   Dear God, I am having a hard time forgiving____________________. Please give me Your love in my heart so I can forgive as You have forgiven me. Amen.

   Dear God, thank You for sending Jesus to die on the cross so that we can have our sins forgiven. Thank You for forgiving my sins. Please help me to forgive others as You forgive us. Amen.

   Dear God, I am sorry I did ______________. Will You please forgive me? Amen.

   Dear God, I am afraid to ask forgiveness from________________. Please give me the courage to do the right thing. Amen.
3. The Act of Contrition

My God, 
I am sorry for my sins with all my heart. 
In choosing to do wrong 
and failing to do good, 
I have sinned against you 
whom I should love above all things. 
I firmly intend, with your help, 
to do penance, 
to sin no more, 
and to avoid whatever leads me to sin. 
Our Saviour Jesus Christ suffered and died for us. 
In his name, my God, have mercy. 

-Canadian Conference of Catholic Bishops

Affirmations:

- I am a peace-maker
- I am fair
- I am forgiving
- I follow rules and do my share
- I help the poor and care for people in need
- I stand up for what is right
- I know that all life is precious
- I respect and protect the world and all that is in it

Concluding Prayer

The Lord’s Prayer 
(or your choice)