

Jesus said: "Love your enemies... bless those who curse you, pray for those who mistreat you. . . .

You will be children of the Most High; for He is kind to the ungrateful and the wicked."

(Luke 6:27-28, 35)

A Prayer for My Enemies

Heavenly Father, Your Son commanded us to love our enemies, to pray for them, and to respond to hatred with love. I am aware of how difficult, indeed impossible, this is for me without Your Grace. I especially call to mind the following:

[Mention those who wish you ill, act to harm you, disagree with you, etc.]

I make an act of the will, and I pray for each one of them, and ask You, Father, to bless them.

May the Holy Spirit come now into my heart and cast out all hatred, bitterness, and any desire for revenge. May my heart be configured to the Sacred Heart of Your Son Jesus: loving, forgiving, and self-giving. Amen.

Adapted from a Prayer of the St. Michael Center for Spiritual Renewal (www.catholicexorcism.org)

Jesus said: "If you forgive others... your Heavenly Father will forgive you; but if you do not forgive others, neither will your Father forgive your transgressions." (Matthew 6:14-15)

A Prayer to Forgive

Heavenly Father, I confess to You my struggles to forgive those who have hurt me.

I repent of my anger and resentment, especially towards:

[Mention those who directly or indirectly wish you evil or who have harmed you]

Almighty God, have mercy on them and forgive both their faults and mine. Help us to be reconciled, using such tender and merciful ways as You think best in Your infinite wisdom.

Grant that I may forgive all others as You have forgiven me. Amen.

Adapted from a Prayer by Saint Thomas More

