The Forgiveness Prayer Routine

(Affirmative prayers by Catherine Ponder)

1 I now fully and freely forgive and release everything and everyone who needs it, of the past and present.
I forgive and release everyone.
I am free and they are free too.
All things are cleared up between us now and forever.

2 I call on the power of divine restoration.
My good of past and present is divinely restored to me now.
This is a time of divine fulfillment.
I give thanks for divine restoration in mind, body, finances and in all my relationships.

3 I dismiss from my body all sense of injury.
I let Divine Love manifest in me now.

4 I now release everything and everybody that is no longer a part of the divine plan of my life.
Everything and everybody that is not a part of the divine plan of my life now releases me.
I now let go and let God unfold the divine plan of my life.
I am now attuned to the divine plan of my life. I now cooperate with the divine plan of my life.

5 I am a tower of strength within and without.
I let all burdens fall from my shoulders.
I let anxiety drop from my mind.
I let all fear slip away from my heart.
I let all outer affairs be released.
I let every shackle be loosened.
Divine strength is making wise and true adjustment in every phase of my life.
I relax, rejoice and let it.

6 I no longer condemn myself or others.
Neither do I condemn my health, body, finances and my relationships.
Only the good is true.

7 All bitterness and belief in injustice now pass from my mind and body.
Divine justice, divine adjustment now appear.
8 I no longer accuse myself or others of evil.
Forgiving, I am forgiven and healed.

9 From this time forward, I put doubts, criticisms and quibbling aside.

10 Divine Love, manifest Thyself in me.

11 Christ now heals me of all sense of hurt, injury or bitterness.
Love is all there is in my mind and heart.
I cast all sense of injury, hurt, resentment upon the Christ within, which sets me free.
While I am speaking, every cell hears my call and responds to the power of Divine Love now released in me.

12 Christ in me now frees me from all resentment toward people, places or things of the past of present.
Christ in me now frees me from all resentment from people, places or things of the past and present.
I manifest my true place with the true people and with the true surroundings now.

13 Christ in me is my forgiving power.

14 Christ in us is our forgiving power.

15 Christ in this situation produces the perfect forgiveness now.

16 Love melts the situations that seem impossible.

17 The light of the Christ within now wipes out all fear doubt, anger and resentment.

18 I now devote my mind and body to God.
I am now willing and ready to give up false ideas about myself and others.
I know that God has forgiven all my mistakes.
I now see myself as God sees me, with His radiant light filling every cell of my body.
I am clean, pure, healthy and free.
I thank God for healing power.
I thank God for fulfilling the desires of my heart.
I thank God that I am whole, free and well now and forever.

19 _____, I fully and freely forgive you.
I loose you and let you go.
I let go and let God. I cast all judgments, resentments, criticism and unforgiveness upon the Christ within to be dissolved and healed.
The prospering truth has set me free to meet my rich good and to share my good with others.

20 _____, you are in my life by Divine appointment.
You have crossed my path so I may learn something from you.
You have crossed my path to receive my blessing.
I freely give you my blessings, and I now release you to your highest good elsewhere.

21 _____, I release you now to your highest good.
I love you, but I release you to complete freedom and complete health in whatever way is best.

I am free and you are free.

22 _____, you fully and freely release me.
You loose me and let me go.
You let go and let God bring freedom into this relationship now.

23 The forgiving love of Divine Intelligence has set me free from the past and from the mistakes of the past.

I now face the present and the future wise, secure and unafraid.

24 I cast the burden of not forgiving self on Christ within, and I go free to love, to trust and to accept myself.

25 I call on the Law of Forgiveness.
I am free from mistakes.
I am under grace and not under Karmic law.

26 I now willingly let go of every thought, condition or relationship that in any way retards my perfect life.
I am blessed with perfect elimination in mind, body, affairs and relationships now.

27 I willingly release the thoughts and things that clutter my life.
I forgive myself and others.
And I am free from all misjudgment, bitterness, injustice, intolerance and revenge.
Every organ of my body is quickly benefitted.
All misunderstanding and bitterness is now eliminated from my mind, body and the world.

28 _____, Christ in this situation is its forgiving power.
The Christ in me forgives the Christ in you.
The Christ in you forgives the Christ in me.
We are all forgiven and governed by the divinity within us, and the perfect results now manifest.

29 I am forgiven and governed by God's love alone.
God loves me.
God is guiding me.
God is showing me the way.
I pass from prejudice, hatred and condemnation to gentle, forgiving love.