

# A PRACTICE FOR Freedom & Forgiveness

## CENTER YOURSELF IN GOD'S PRESENCE

God, you are with me. God, you are within me.

Open my eyes that I may see.

Open my ears that I may hear.

Soften my heart. Break it open.

Holy Spirit, fill me. Lead me in all your ways.

*Pause in silence.*

## PRAYER OF AWARENESS AND FOCUS

Blessed are those who forgive,  
for they are free.

We wake

to the forgiveness of a new day.

We wake

to the freedom to begin again.

We wake

to the mercy of the sun's redeeming light,

always new

always a gift

always blessing.

We wake

to the forgiveness of this new day.

*Pause in silence.*

## GUIDANCE INTO THE GIFT OF FREEDOM

This is God's gift of forgiveness, the invitation to begin again fresh every day. As I hold the intention to keep this forgiving-forgiven-forgiveness before me, I recognize the gift that is offered: freedom. As each morning is a renewal of our forgiveness, so each moment may be also.

*Pause in silence.*

## A PRAYERFUL LITANY OF FORGIVING

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I forgive .... (self)  
I forgive ... (another)  
I forgive... (event or circumstance)  
I forgive....  
I am forgiven.

*Pause in silence.*

## FINAL PETITION

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Christ, in your mercy  
help us  
  
to forgive the unforgiveness  
to forgive the accusation  
to forgive the presumption  
to forgive thoughtlessness  
to forgive egoic armament.  
Help us all  
to receive forgiveness  
to receive pardon  
to receive mercy  
to receive good will  
to receive Love.

*Pause in silence.*

## BLESSING

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Philippians 1:9-11

*Pause in silence.*

## BENEDICTION

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Having forgiven and  
having received,  
may I walk freely and lightly  
with Love as my guide.

*Amen.*