

DOSE 3 / DAY 3: FORGIVENESS

Holy Father, bless me to feel better in my body, soul, and spirit because I have a lifestyle in which I forgive. Instead of resenting people, bless me to forgive instantly. Bless me to realize that forgiveness does not mean that you trust a person who has hurt you; however, it does mean that you wish that person all the best, that you will help that person in any way you can, and that you only want the person to be judged by God if he/she refuses to change and do right. **Mark 11:25-26:** *“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. ²⁶ [a]But if you do not forgive, neither will your Father in heaven forgive your trespasses.”*

Father, bless me to never be happy if something bad happens to somebody. Father, bless me to remember that forgiveness is not an option; it is a requirement for eternal life. **Proverbs 17.5:** *He who mocks the poor reproaches his Maker; He who is glad at calamity will not go unpunished*

In the Name of Jesus Christ I ask all these things. Amen.