

Prayers of forgiveness

Lord Jesus

With your help, I choose now to forgive my former spouse; I relinquish my desire for revenge and vindication and ask you to begin to heal my pain.

Amen.

Lord Jesus

I'm truly sorry for every way in which I have failed in my marriage; I confess my wrong to you now, and ask you to forgive me as you have promised.

Amen.

A Prayer for the future

Dear Father,

Help me not to distrust other people, or be cynical because of our failure to hold to our vows.

Give me the hope that springs from your love for me.

Make a way for me in the years ahead, a future of fulfilment in your care.

Amen

The words of Jesus

"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest."

Matthew 11:28

© CPORGUK Ref: CA113



I know the plans
I have for you

Deep wounds take time to heal

Learning to live without the person who was your companion and best friend isn't easy; nor is saying 'I' instead of 'we'.

Situations you would have gone into together now have to be faced alone – it's hard not to feel lonely, unloved and unwanted.

But there is someone who loves you very much and wants to be with you in every circumstance of life. For God has said, "I will never leave you; I will never abandon you."
Hebrews 13:5

Don't be anxious

It's natural to have concerns about the future – will I cope on my own? How will I manage financially? Will I ever be happy again?

Leave all your worries with Him, because He cares for you.
1 Peter 5:7

God is our shelter and strength, always ready to help in times of trouble.

So we will not be afraid, even if the earth is shaken and mountains fall into the ocean depths, even if the seas roar and rage, and the hills are shaken by the violence.'

Psalm 46:1-3