

Prayer of Forgiveness¹

Use this two-part prayer with someone living with dementia who is troubled by the need to forgive themselves or another.



1. Forgiveness.

(This prayer helps the person hold up and release to the Lord all the things that trouble them.)

“Let’s open our hands together. Picture piling in your hands whatever sins or regrets or hurts you carry. For example, you can mention ways you’ve been hurt or you’ve hurt someone else or yourself with words or actions.”

When the person is finished (and do ask if they are finished), say, “Now let’s turn our hands over and release these things to the Lord as I pray.”

Prayer: “Lord Jesus, we give you each of these things and ask that you take them and pour your love and healing power over them. We thank you, Lord, that you have the power and the grace to redeem them. We thank you for taking these hurts and dealing with them. We trust you to heal all hurt and pain, and to release [name] from this burden. We thank you for your forgiveness now and forever. In Jesus’ name. Amen.”

2. Blessing.

(This prayer helps the person receive from the Lord their heart’s desire for themselves.)

“Let’s open our hands together again. If you like, share with the Lord what you’d like to receive and see from Jesus in your life today, such as grace and freedom.”

When the person is finished, say, “Let’s pray for God to fill you with these good gifts.”

Prayer: “Lord, we ask that you bless and pour your love, mercy, and grace [or whatever the person asks for] into [name]. We thank you that [name] trusts you and loves you. Surround [name] with your heavenly angels, and help [him/her] to know how much you love [him/her]. We pray in Jesus’ name. Amen.”

(continued on other side)

¹ Adapted from Christian Healing Ministries. <https://www.christianhealingmin.org/index.php/hl-issue-1997-3/304-magazine/1996-2000/hl-articles-1997-3/1269-keys-for-prayer-ministers-forgiveness>

Helpful Scriptures

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. (Isaiah 53:5)

For as high as the heavens are above the earth, so great is God's steadfast love toward those who fear him; as far as the east is from the west, so far does God remove our transgressions from us. (Psalm 103:11-12)

Love your enemies and pray for those who persecute you, ⁴⁵so that you may be children of your Father who is in heaven. (Matthew 5:44)

Suggested Hymns

[Amazing Grace](#)

[Jesus Paid It All](#)

[To God Be the Glory](#)