7 AMENS BEFORE DAWN · DAY 2 OF 7

Second Amen

The Prayer for Forgiveness

HOW TO PRAY THIS AMEN

- Time: between four and seven in the morning.
- Length: about 9 to 11 minutes, with no rush.
- Pray out loud, slowly, one line at a time.
- Choose a quiet place where you can be alone, without interruptions.

BEFORE YOU BEGIN

Forgiving doesn't mean saying what happened was okay. It doesn't mean going back to living with the person who hurt you. It means setting your own heart free.

I need to forgive: _____

THE PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord Jesus, on the cross You looked at those who were hurting You
and said, “Father, forgive them, they know not what they do.”
Teach me, Lord, to forgive as You forgave.

Today I've brought a name with me.
Right now, I choose to place this wound in Your hands.

I forgive what this person did to me.
I won't let this pain rule
my mood, my home, or my peace anymore.

And Lord, today I forgive myself too,
for what I did and never told anyone,
for the mistakes that still haunt me at night.

What I did no longer defines all of who I am.
Today I choose to begin again.

Lord, lift the weight I've carried for years
without even realizing how heavy it was.
Fill that empty space with Your peace.

I let go. I forgive. I am free.

Amen.

AFTER YOU PRAY

Stay in silence for a few moments. If there's still a name in your heart, bring it before God, out loud or in silence.

TODAY'S WORDS OF FAITH

“Today, I let go of the weight I've carried for years.”

Tomorrow: Third Amen — The Prayer for Healing.

DON'T SKIP DAYS. DON'T CHANGE THE ORDER. DON'T PRAY MORE THAN ONE PRAYER A DAY.