

Forgiveness: A Journey from Hurt to Freedom
By Fr. Brendan McGuire

Session 4

Prayer of Compassion and Forgiveness

Adapted from Fr. William Meninger

May you be happy.

May you be free.

May you be loving.

May you be loved.

May you know every blessing that God wills for you.

May you experience the fullness of the Holy Spirit.

May you be enriched by the prayers and the love of others.

May you be successful in every endeavor.

May you experience the fullness of peace in body and soul.

May you forgive every transgression.

I forgive you with all my heart and soul.

May you know what it means to be a child of God.

May every blessing be yours.

May you be one with all of God's creation.

May you experience blessing of God's grace for all eternity

May you and I grow closer in God's love.

May joy and peace proceed from your heart
and surround you always.

May everyone love you and wish you well.

May God's loving care protect you.

May God's guidance lead you forward.

May all of your actions proceed from God
and find their completion in God.

May you love even as you are loved.

I wish for you from God every possible blessing.

A. Scripture

- Luke 5:12-17—Cleansing of the Leper
- Matthew 6: 14-15—Forgive Others
- Luke 5:17-26—Healing of the Paralytic
- Ephesians 4:31-5:2—Let Go of All Bitterness

B. Questions

- Imagine visiting our younger self and comforting him/her
- Who is a model of forgiveness in my life? What are their stages?
- Do we have a grievance channel? With whom and what are the reruns about?
- Find some new material for your gratitude channel.

C. Prayer

Silent Presence

Edwina Gately
(Psalms of a Lay Woman)

I thought that God
Had come to me.
That after the wild delights—
The suffering and the joys,
The pain and the hopelessness
Of the years—
That God
Had come to me.
Then after adventure and achievement,
Pain, despair, and death,
God
Had come to me.
Yes—with relief and mild surprise
I met my God again.
And then I saw,
Oh, fool, I saw!
That God had suffered
The pain and hopelessness,
Had shared the achievements and the joys,
That God,
All enveloping,
All compassion,
Had been there in silence
All the time.