

# Prayer to Release Bitterness, Unforgiveness, and Shame

## Scripture Foundation

### Ephesians 4:31–32

“Let all bitterness, and wrath, and anger... be put away from you... forgiving one another, even as God for Christ’s sake hath forgiven you.”

### Psalm 34:5

“They looked unto him, and were lightened: and their faces were not ashamed.”

### Romans 8:1

“There is therefore now no condemnation to them which are in Christ Jesus.”

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## Instruction

Pray this if resentment, unresolved anger, or shame from past sin continues to weigh on your heart. Forgiveness is obedience, not denial. Releasing shame is trusting in Christ’s finished work.

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## The Prayer

Father God,

I come before You in the name of Jesus Christ. I acknowledge that You have forgiven me fully through the blood of Jesus.

If I have held bitterness in my heart, I confess it. If I have replayed offenses, rehearsed pain, or nurtured resentment, I repent.

I choose to forgive those who hurt me. I release them into Your hands. I do not excuse what happened, but I refuse to let it root itself in my heart.

Your Word instructs me to put away bitterness and wrath. I choose obedience.

If shame from my past still lingers, I bring that before You as well.

I repent for what I did wrong. I accept Your forgiveness. I reject ongoing self-condemnation.

I will not punish myself for what You have already forgiven.

If patterns of bitterness or emotional hardness have existed in my family line, I renounce their continuation through me.

I choose softness over hardness.

I choose forgiveness over resentment.

I choose humility over pride.

Cleanse my heart from hidden anger. Remove internal heaviness. Restore lightness to my spirit.

Teach me to respond with maturity, not wounded reaction.

I trust Your justice. I trust Your timing. I trust Your correction.

I release bitterness. I release shame. I receive peace.

In the name of Jesus Christ,

Amen.

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### **Closing Declaration**

I forgive as I have been forgiven.

Shame no longer governs me.

My heart is free and aligned with Christ.