

Dear God,

I pray that You would help me to let go of my past completely. Deliver me from any hold it has on me. Help me to put off my bad habit and of thinking about it and help me to be renewed in my mind. Help me to understand that You can make all things brand new. Show me a fresh, Holy Spirit inspired way of relating to negative things that have happened to me in my past. Give me the ability to hear the voice of Jesus instead of the voices from my past. When I heard those old voices, help me to rise up and shut them down. Where I used to experience rejection or pain, help me to put that out of my mind.

Please let me feel your forgiveness so that bitterness, resentment, revenge and unforgiveness will have no place there.

Help me to look at my past as only a history lesson and not a guide for my life now. Wherever my past has become an unpleasant memory, I pray you would bring life out of it. Heal my wounds, restore my soul. Help me to release my past so that I will not live in it, but learn from it, break out of it and move into the future You have for me.

In the unconditional love and power of Jesus Christ, Amen.