PRAYER TO CARRY TODAY

STILL CLENCHED OVER IT?
YOUR FATHER FORGIVES YOU. SLEEP.

Lord, I've been clenched over this all day. I'm letting them go. Forgive me, and let me sleep.

"For if you forgive men their trespasses, your heavenly Father will also forgive you."

MATTHEW 6:14 WEB

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PRAYER TO CARRY TODAY

UNCLENCH

The lights are off and you're still arguing with them in your head. Your jaw is tight, your hands are tight, and sleep keeps sliding away.

Jesus gave this promise straight after teaching His friends to pray (Matthew 6:14): forgive them, and your Father forgives you. Paul put the same thing on a clock: “Don’t let the sun go down on your wrath” (Ephesians 4:26). The sun is already down. You don't have to settle everything with them tonight. You only have to stop gripping it, and put them, and yourself, in the hands of a Father who forgives.

Lie back, open both hands on the covers, and breathe out slowly. Say their name to God and say, “I forgive.” Then sleep.

PRAYER TO CARRY TODAY

SCRIPTURE

For if you forgive men their trespasses, your heavenly Father will also forgive you.

MATTHEW 6:14 (WEB)

A PRAYER FOR TODAY

Lord, I've been arguing with them in the dark. I open my hands and give them to You. Forgive me, and let me rest.

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