

The Sparkle Egg

Prayer Cards for Peace

Jesus taught us to forgive others as He has forgiven us. And we know Jesus forgives us 100%! Sometimes it's hard to forgive other people when they've hurt us. But when we hold onto feelings of anger and resentment toward others, it actually makes us feel terrible inside. To have peace in our hearts, we need to forgive. When you forgive someone, you aren't saying what they did is okay, rather, you're letting go of your anger and resentment toward that person and letting God fill you with His peace.

Jesus taught us, "...love your enemies and pray for anyone who mistreats you."
– *Matthew 5:44 (CEV)*

What are some things you can do to help you forgive, and feel the peace of forgiveness in your heart?

- 1 Pray to God and ask Him to help you forgive.** God can help us do things we can't do on our own, including forgiving those who have hurt us. Pray to God and tell Him why you are upset with the person who hurt you. Ask God to help you forgive and feel peace in your heart about it.
- 2 Pray for the person who mistreated you.** When you're upset with someone because they've mistreated you, say a prayer of blessing for them. Try doing this everyday for a week. It can be hard to bless someone who has hurt you, but ask God to give you the strength and then dive right into a prayer for them. It can be hard to get the words out at first because you're hurt and feel so many negative feelings about the person who hurt you. It may help to know that when most people are mean, it's because they are hurting, unhappy or have something unhealthy going on in their own lives.

It may be hard to imagine how to pray for someone who has hurt you. Here is an example to help show you how praying for someone who is mistreating you might sound.

Dear God, Tony has been picking on me a lot at school, and that really hurts my feelings. But I pray Dear God, that You help heal whatever's going on in his life that isn't good. I pray that Tony comes to know you, Dear God, and your love for him. And I pray that you bless his life in a powerful way today. Help fill my heart with your forgiveness for Tony.

It will probably be difficult to say a prayer for the person who hurt you, but little by little, day by day, you will feel your anger lessen and be replaced by peace.

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Create a Prayer Card for Peace. A Prayer Card for Peace is a written prayer you write to God for someone who has hurt you. You can keep the card as a reminder to pray for the person you need to forgive, or you can choose to send the card to the person to let them know you are praying for them. It may even be appropriate to let someone know you forgive them by giving them a Prayer Card for Peace, but the most important thing is to forgive them in your heart.

To make a Prayer Card for Peace:

1. Fold a piece of construction paper in half to form a card
2. Cut out the dove below and glue it to the front of the card
3. Inside the card, write your prayer for the person who mistreated you
4. Keep the card as a reminder to pray for the person you need to forgive. Every day for a week, pray the prayer you wrote inside. Feel the peace that comes from praying for those who mistreat you. After the week is over, continue to pray for this person when they come to mind, or in a formal prayer time. Your prayer to God makes a difference in your own life, and in the lives of others.

