

Friday Morning

1 John 1:9

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

How can I pray?

Our Father, please forgive me for my sin! When I sin, I sin against my holy Father.

Our Father, you have promised that you are faithful to forgive when I confess my sin! Help me to believe that you’ve made me clean.

Our Father, you cleanse me from all sin when I confess to you! Thank you for your forgiveness so we can be whole again with You.

Friday Evening

Ephesians 4:31–32

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

How can I pray?

Our Father, drag every ounce of bitterness away from my heart! Change my bitterness and anger into love for those who have hurt me in the past.

Our Father, You have forgiven me for everything! Help me to forgive others today as You have forgiven me.

Our Father, your kindness towards me is perfect! Help me to show kindness and grace to others today.