

Author: Fr. William Meninger (August 29, 1932 – February 14, 2021)

A Compassion Meditation Prayer

Author: Fr. William Meninger

Purpose: Forgiving and Letting Go of Bitterness

Reference: Pete Scazzero, Emotionally Healthy Relationships,
Devotional, pg 208

Pg 208 . . . Peter writes, “An adapted and shortened version of Fr. William’s Prayer . . . It is meant to be prayed for someone you might consider an enemy or someone with whom you are in a conflict. It may even be someone from your past, living or dead, for whom forgiveness is still possible and overdue.”

May you be happy, may you be free.

May you be loving, may you be loved.

May you know the fulfillment of what GOD has planned for you.

May you experience GOD’s deep, profound love for you.

May JESUS CHRIST be formed in you.

May you know HIS peace that passes all understanding.

May all good things be yours.

May JESUS’ joy be in you and may that joy be complete.

May you know the LORD in all his goodness and compassion.

May you be protected from the evil one amidst every temptation that comes your way.

May the HOLY SPIRIT fill and permeate your entire being.

May you see HIS glory.

May you be forgiven every sin.

I forgive you (or I’ll try to forgive you) of every wound and hurt with all my heart.

May GOD’s goodness and mercy follow you all the days of your life.¹

¹ the original version of Meninger’s prayer can be found in his book, William A. Meninger – *The Process of Forgiveness* (New York: Continuum Press, 1996), 123.