



A Prayer for Letting Go of the Past

Dear God,

On this day I ask You to grant this request?

May I know who I am and what I am, every moment of every day.

May I be a catalyst for light and love, and bring inspiration to those whose eyes I meet.

May I have the strength to stand tall in the face of conflict, and the courage to speak my voice, even when I'm scared.

May I have the humility to follow my heart, and the passion to live my soul's desires.

May I seek to know the highest truth, and dismiss the gravitational pull of my lower self.

May I embrace and love the totality of myself? My darkness as well as my light.

May I be brave enough to hear my heart? To let it soften so that I may gracefully choose faith over fear.

Today is my day to surrender anything that stands between the sacredness of my humanity and my divinity.

May I be drenched in my Holiness and engulfed by Your love.

May all else melt away.

And so it is.

- Debbie Ford

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Text from the website: <https://www.womansday.com/life/g30243133/new-years-prayers/>

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