Heavenly Father,

I come before you with a heavy heart burdened by the weight of guilt. You are the God of compassion and grace, and I bring my struggles with guilt before you, trusting in your forgiveness and mercy.

Lord, I acknowledge the ways in which I have fallen short of your perfect standards and caused harm to others and myself. I have made mistakes, spoken words I regret, and failed to live according to your will. Forgive me, Father, for the times I have disobeyed you and strayed from the path of righteousness.

God, I pray for relief from the overwhelming sense of guilt that consumes me. It weighs me down and hinders my ability to experience the fullness of your love and joy. Grant me the courage to confront my guilt, to acknowledge my faults, and to seek your forgiveness with a contrite heart.

Lord, I surrender to you all the guilt and shame that I carry. Help me to release it into your loving hands, knowing that you bore the weight of my sins on the cross and have promised to forgive all who come to you in repentance. Wash me clean, O God, and renew a steadfast spirit within me (Psalm 51:10).

Father, I pray for strength and wisdom to learn from my mistakes and to grow in grace. Guide me in making amends where necessary and in seeking reconciliation with those I have wronged. Help me to extend the same forgiveness to myself that you freely offer to me.

Lord, I choose to accept your forgiveness and embrace the freedom you offer from guilt and condemnation. May your love and grace reign in my heart, casting out all fear and shame. Help me to walk in the confidence of your forgiveness and the assurance of your love.

Thank you, Father, for your boundless mercy and grace. May your Spirit continue to work in me, transforming my guilt into gratitude and my shame into joy.

In Jesus' name