

Print, cut and attach to each resentment and worksheet:

### Deep Resentment Prayer

God, \_\_\_\_\_, Like Me, Is A Spiritually Sick Person.

Please: (pick 3)

- ☐ Help Me To Show \_\_\_\_\_  
Tolerance, Compassion, And Patience.
- ☐ Release Me From Being Angry.
- ☐ Enable Me To Release This Resentment.
- ☐ Remove This Resentment.
- ☐ Show Me How To Take A Kindly And  
Tolerant View Of \_\_\_\_\_;
- ☐ Bring Me To Accept Reality As It Is; And
- ☐ Show Me How I Can Be Helpful To  
\_\_\_\_\_.

THY WILL BE DONE.

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