

Forgiveness



Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do.

Colossians 3:12-13

Opening Meditation

TRUST ME IN TIMES OF CONFUSION-WHEN things don't make sense and nothing you do seems to help. This type of trust delights Me because I know it is real. Invite Me to enter into your struggles-to be ever so close to YOU! Though other people may not really understand what you're going through, I understand perfectly. Find comfort in knowing you're not alone in your struggles. I am with you, watching over you continually.

Long-term trials can drain you of energy and hope, making it hard for you to keep trusting Me. But I have given you a wonderful Helper, the Holy Spirit, who never runs out of strength. You can ask for His help, praying: « trust You, Jesus; help me, Holy Spirit." Instead of trying to resolve all your problems, simply rest in My Presence. Trust that there is a way forward, even though you can't yet see it. I am providing a good way for you, though it is bumpy at times. When the road is rough, cling all the more tightly to Me. As your soul clings to Me, My right hand upholds you. (continued)

Opening Meditation

*I am with you and will watch over you ever you go, and I will bring you back to s
land. I will not leave you until I have done what I have promised you. -Genesis 28:15*

*"When the Helper comes, whom I shall send to you from the Father, the Spirit of truth
who proceeds from the Father, He will testify of Me." =John 15:26 NKIV*

My soul clings to you; your right hand upholds me. -Psalm 63:8

from Jesus Today (82) by Sarah Young

Patience

We must be patient and little by little root out our bad inclinations, overcome our aversions and control our emotions. This life is truly a continual warfare, and there is no one who can say, "I am never tempted." Peace is reserved for Heaven, where the palm of victory awaits us; on earth there is a continual struggle between hope and fear. However, our hope must be strong, relying on the omnipotence of God, Who is always ready to help us. So never tire of fighting for your growth and perfection.

St. Frances de Sales

Facts About Forgiveness

- ✿ *Important part of our faith.*
- ✿ *An act of the will.*
- ✿ *The bigger the hurt the harder it is to forgive.*
- ✿ *Sometimes we revisit things. The enemy always wants us to “brood over injury.”*

Facts About Forgiveness

- ✿ *Motivation should be “love” but God will work with any of our efforts.*
- ✿ *By not forgiving we poison ourselves.*
- ✿ *Part of us is dead when tied down by unforgiveness*
- ✿ *Accepting God’s forgiveness and realizing the reality of God’s mercy is critical.*

Ask For Help

- ✿ *Ask frequently for God's help not to dig up old things.*
- ✿ *Pray extra when you know you're going to be around difficult people.*
- ✿ *Don't let people yank your chain.*
- ✿ *Get enough sleep so you're not led around by emotions.*
- ✿ *Just because we have an emotion or reaction doesn't make us sinful.*

The Road To Hope

- ✿ *Evangelization mindset*
- ✿ *God is especially at work in suffering....shows our character and our response to our belief that God's love is stronger than death.*
- ✿ *Didn't repay evil for evil.....overcame evil with good.*
- ✿ *Doing the will of God means setting aside our own plans and agenda*

Collective Hurts

- ✿ *Moms and dads feeling unappreciated by their children.*
- ✿ *“I didn’t provide a good example for my children and they have all left the church.”*
- ✿ *“I feel unvalued and used at my workplace”*
- ✿ *“I don’t have any spiritual friends.”*
- ✿ *“I feel alone.”*

Beautiful

MercyMe

Days will come when you don't have the strength

When all you hear is you're not worth anything

Wondering if you ever could be loved

And if they truly saw your heart they'd see too
much

You're beautiful

You're beautiful

You are made for so much more than all of this

Beautiful

MercyMe

You're beautiful

You're beautiful

You are treasured, You are sacred, You are His

You're beautiful

And praying that you have the heart to find

Cause you are more than what is hurting you tonight

For all the lies you've held inside so long

And they are nothing in the shadow of the cross

Beautiful

MercyMe

You're beautiful

You're beautiful

You are made for so much more than all of this

You're beautiful

You're beautiful

You are treasured, You are sacred, You are His

You're beautiful

Beautiful

MercyMe

Before you ever took a breath
Long before the world began
Of all the wonders He possessed
There was one more precious
Of all the earth and skies above
You're the one He madly loves enough to die

You're beautiful
You're beautiful
In His eyes

Beautiful

MercyMe

You're beautiful

You are made for so
much more than all of
this

You're beautiful

You are treasured, You
are sacred, You are
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