



## **Forgiveness is not an event, it's a lifestyle.**

“Resentment/Anger is like taking poison and waiting for the other person to die.” - Malachy McCourt/Buddha

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.” C. S. Lewis

"Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart." - Corrie Ten Boom

Does a relationship come to mind that would benefit from forgiveness?

Praying is the easy part, but actually approaching the person is hard. Some reasons to act:

- We can forgive others first because God forgave us first.
- We forgive and ask for forgiveness to heal hurt relationships.
- All wisdom and truth is from God no matter who takes credit for it.

*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32*

*Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good. Romans 12:17-21*