

Forgiveness

Opening Prayer:

Father God, Open our hearts to forgive those we feel have transgressed against us in anyway there by forgiving ourselves of known or unknown transgressions we may have commit against others. Lead, guide and direct us this morning as we open to deeply purging our burdens and lightening our souls so that we may let Your Love Light shine, in all we do. In Christ's name. Amen

Generally, forgiveness is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you might always remain a part of your life, but forgiveness can lessen its grip on you and help you focus on other, more positive parts of your life. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

When we've been deeply wronged something inside yearns for justice. If we don't forgive, our desire for justice becomes revenge, subjecting us to the bondage of bitterness and self-righteousness. It seems natural to want to hurt back and get even.

That reminds me of a Cajun story:

One day Boudreaux, him, he was sittin in his coffee shop, drinkin a pop, wen dis grate big fella come in and knocks him off da stool. The big fella say, "Dat was a karate chop frum Korea."

Boudreaux, him, he don't say nuttin, he jus get back on his stool an take anudder drink frum his pop.

WHAM!, da big fella knock Boudreaux down agin an say, "Dat was a judo chop frum Japan."

Boudreaux still don't say nuttin, he jus get up an walk out of dat coffee shop. Bout a hour later, Boudreaux come back in an witout sayin nuttin, he walk up to dat big fella an WHACK! he knock dat big fella off his stool an knock him out cold. Den Boudreaux tell da manager,

"Mais, wen he wake tell him dat was a crowbar from da Home Depot."
And dat's Karma!

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. It doesn't compensate for their wrong doing. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life. As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding. Letting go of grudges and bitterness can make way for happiness, health and peace.

When the hurt is so tragic it beyond our understand and comprehension and we have not dealt with the grief, it is human nature to blame it on God. We must strike out at someone or something. But God doesn't mind if you use Him for a punching bag. He will be there with compassion when you surrender to the grief.

When we lose faith in God's sovereignty, it is because our frail human flesh is grappling with our own frustration and our lack of control over events. When good things happen, we all too often attribute it to our own achievements and success. When bad things happen, however, we are quick to blame God, and we get angry with Him for not preventing it, which indicates the first flaw in our thinking—that we deserve to be immune to unpleasant circumstances. It is life and we are not exempt.

Ungodly anger is self-defeating, gives the devil a foothold in our lives, and can destroy our joy and peace if we hang on to it. Holding on to our anger will allow bitterness and resentment to spring up in our hearts. We must confess it to the Lord, and then in His forgiveness, we can release those feelings to Him. Give it to God.

Forgiveness Prayer

I forgive you for anything you may have done to me.

I forgive myself for any mean or hurtful thing I may have done or said to you.

I give you permission to forgive me.

I forgive myself for having taken anything you did in a way that was not useful to me.

We think if we forgive, we must completely forgive and get over it immediately. Forgiveness is often a process, not a one-time act. While it begins with the decision to forgive, it may take time before the heart fully accepts what the will has set in motion. How long it takes may depend on the severity of the pain of the offense, and we must give ourselves the grace our healing requires as we move forward to full forgiveness.

Even Joseph, one of scripture's greatest examples of forgiveness, allowed the full forgiveness of his brothers to marinate over time. When he first recognized his brothers in Egypt, he did not run out to them with extended arms. After his initial decision to forgive, he tested their hearts, giving them a chance to reflect on their sin. When he finally forgave them, his forgiveness was complete and glorious.

A good way to forgive and release judgments is to send the person love from your heart to theirs. Sit in silence and extend the love with them in mind. You can be dealing with a highly agitated person and begin sending love and watch them gradually calm down. Let's do that exercise together right now. Does anyone have a situation your dealing with where forgiveness is need? Close your eyes, feel your heart open bursting with Christ's love for us and direct it to the appropriate party. Let it flow gently and direct, heart to heart.

Points to discuss from Byron Katie and the www.TheWork.com

Prayer: "God, spare me from the desire of wanting acceptance, love and approval."

When we live out of wanting acceptance, love and approval we set ourselves up to be use. We sell our selves short and settle for trying to earn that which we can give ourselves. Think about what you have done to be accepted, loved and approved of.

"No one has the power to hurt you. That's your job."

If you don't let it in, it cannot hurt you. You do not have to believe what others say about you. It is what you know in your heart that counts.

“I am your description of me.”

I can never be in your eyes anyway except how **you** see me. You literally hold me hostage to your beliefs of who I am. Are you willing to let me be more than I appear to be in your mind? Try seeing me without your labels.

“Everyone who rejects me; I know I’ve been spared.”

Don’t carry your feeling on your shoulder. You can’t expect everyone to like you. Sometimes relationships, jobs and situations are simply not a fit and just see rejections as freeing you for something better. It is not about you personally. It is probably the Holy Spirit giving you a thump.

“I am so busy thinking what you are thinking that I have lost my mind.”

Spare yourself from the anxiety of trying to figure out why another person says or does what they do. You are only making assumptions and more than likely negative ones. Spare yourself the guessing game. Bill is late getting home, I wonder if he went to the bar? Maybe he has found another girl friend. He may have had an accident. **Now don’t say you have never done this!**

It’s not your job to like me – it’s mine.

I don’t need you to like me. It is up to me to like myself. Totally my job.

God is good, God is everything –the end.

You go on with your illusion that something is not okay
and you lose
and you lose
and you lose. Byron Katie

Follow the three Rs:

Respect for self
Respect for others and
Responsibility for all your actions.

There are 3 kinds of business:

Your Business
My Business
And God’s Business

“What we think about we bring about.”

Thoughts become things. Pick good ones.

“I never heard anything I didn’t need to hear. That’s why I heard it.”

There are no accidents. Be open to hearing. It is how we learn.

“Whatever we believe we live our lives out of that.”

Time to clean out old beliefs that no longer serve you. Your life is a blank canvas and today is a new day. How do you want to paint the picture of **your life today**.

“When I argue with what is, I always loose, but only 100% of the time!”

Complaining about something that has already happened is a total waste of time. Complaining is not action. Learn from it and go on.

"Mark it--when God forgives, He forgets. He is not only willing but pleased to use any forgiven vessel." ~Charles Swindoll

" When we know God has forgiven, but we can't forgive ourselves, it's a slap in His face, because it's like saying that Jesus Christ's death on the cross was not enough. Think about that, the next time you're tempted to beat yourself up for your past that's under the Blood."
~Mary Law

Another reason for forgiveness: You cannot define someone, even if they deserve it, as your enemy and stay Connected with who you are at the same time, because your Source (God) will not take sides like that. No one can stay connected to God, and push hard against someone else. There are these battles that are fought in the name of "God", and all of these prayers that say, "God is on our side," and we say, God is not on your side, nor is God on the side of those who fight against you. God does not take those sides. www.Abraham-Hicks.com

Closing Prayer:

Merciful Father, grant us a pure heart and a burden free soul as we release and forgive ourselves and others. Thank you for granting a peaceful heart from which to go forth and continue to spread the seeds of Christ's love. In His name we pray. Amen

Have a FIGO Day - Forget IT & Go On!