

Learning to Forgive

Learning to forgive seems like it would be incredibly easy, but what we know is that most people hold onto the hurt and pain. While we may feel like we have forgiven someone or let it go our body has in fact buried it deep within our heart and soul, which can sometimes seriously impact the decisions we make.

Activity for the Mind

Spend time with God today. Ask him, "Lord please show me where I still might be holding onto transgressions against me." Then wait and listen. Make a list of the people that come to mind, as you wait. People that you want to forgive or who you want to ask forgiveness from. Some of these people may not be around or even be alive.

Read your list aloud and acknowledge who these people are. You do not need to call/write them. You do not really need to do anything, but to ask God to help you let go of the pain, the hurt associated with them. You may decide to ask more than once because sometimes it is easier said than done to let go; however, breathe in and let go. Each time you hear their name, each time you say their name the pain, the hurt will be less and less.