Learning to Forgive

Last week we walked forward through the open doors as we continued on our journey into light and love. This week we continue to walk away from fear and anxiety and into a world filled with hope and peace as we work to forgive ourselves and others. Learning to forgive seems like it would be incredibly easy, but what we know is that most people hold onto 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.

"Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test but deliver us from the evil one. If you forgive others their transgressions your Heavenly Father will forgive you." Matthew 6: 11-14

The Our Father, a universal Christian prayer seems to be what unites us all when we are gathered together. There are of course, slightly different versions to this prayer.

Today, write the version of *The Our Father* that you are most familiar with:

Then sit for a moment and ask God: What is it that you need me to know or understand about forgiveness? Record those thoughts here: