

Learning to Forgive

Learning to forgive means walking into places that we might not want to which takes a tremendous amount of strength, courage and discipline. Spend time this week walking with God and let him guide your heart with regard to the areas of your life where you need to let go of anger and resentment.

Activity for the Body

Take 3 - 15 minute prayer walks this week.

Write your prayer here before you head out on your walk. Remember your prayer might be in the form of a question.

When you return from your walk write down what you heard as you walked.

Day 1

Day 2

Day 3
