

Learning to Forgive

Learning to forgive, can be extremely painful and beautiful in the same moment. We walked, we talked, and we prayed this week as we learned to forgive and let go. Today, if the tears come let them fall. Let your arms be lifted higher. Stretch them as high as you can, arch your back, take a deep breath in. Close your eyes and let your spirit soar.

Let your body rest and pray:

Activity for the Soul

“Lord, as I reflect on Jesus’ time in the desert and the moments when your fallen angel worked so hard to try and twist His mind and watch Him fall, I recognize that this is how life is for all of us. Lord, in some form or fashion we are all tempted every day. As we walk with you through this journey of life help us to remember we only have to reach out to take your hand, turn to You and ask you to help us follow Your will for our lives. In moments, where the temptation is too great or where others fall into temptation that hurts us, help us to remember that you are only a footstep or a glance away, ready to pour out your love for us. Open our hearts to receive Your love, to receive your forgiveness and let go of the pain and hurt, so that we can in turn pour out forgiveness and bring us all into a fuller life with You. Set our souls on fire, Lord!”

Sit for a moment. Breathe deep and exhale slowly. SMILE and move forward with light and love.