

# Learning to Be Merciful

This week, we are working towards becoming more merciful. We considered a time in our life when we could show or be more merciful, as well as, a time where we behaved with compassion. We remembered that God calls us to show mercy like He shows mercy.

## Activity for the Mind:

Forgiving someone for an offense against you can be extremely difficult, but more often than not, forgiving ourselves is even more difficult. Many times, we feel like we have moved forward, forgotten about, and forgiven ourselves for an act we committed, but we realize much later that somewhere in our body we are still holding onto the circumstance, which can cause us to react without mercy. Today we are going to take a closer look at a circumstance that may still be negatively impacting your life.

Describe a situation/a time in your life that you need to forgive yourself/move forward from? \_\_\_\_\_

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What about the situation is still hard/brings up strong emotion for you?

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*Today is the day, I let go. Today is the day, I forgive myself for:*

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Describe a situation/a time in your life where you need to forgive someone else/move forward from? \_\_\_\_\_

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What about the situation is still hard/brings up strong emotion for you?

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*Today is the day, I let go. Today is the day, I forgive \_\_\_\_\_ for:*

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