

Learning to Forgive

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.

Activity for the Heart

Forgiving someone is sometimes hard to do but forgiving yourself sometimes even harder. Is there something in your life that you need to forgive yourself for?

God has already forgiven you. Today, open your heart and ask him to release you from the hurt and help you to forgive yourself.

Is there someone in your life that you need to forgive? If so, include the details of your relationship and what hurt you are still holding onto.

Ask God to release you both from the hurt and walk with both of you into the garden where you feel the warmth of His light and all the love, He has for each of you.
