



TODAY'S WORD: Forgive

AFFIRMATION: "That was then, this is now. My good is ready to come to me. I forgive and release, I affirm and receive."

Forgiveness is a powerful expression of love. When I forgive someone, I begin with a simple desire to overcome resentment.

I choose to let go of ill will or bitterness toward another person. Forgiveness does not condone or overlook the behavior that initiated the upset to begin with. It does, however, unshackle me from negative feelings. It also keeps me from living my life in blame.

I am the one who is set free. I no longer need to justify my rationale for holding another liable for my pain.

I feel God's blessing as I replace seemingly justified resentment with forgiveness. I have opened a place in my heart for the full expression of peace and love.

SACRED TEXT:

"Father, forgive them; for they do not know what they are doing." Luke 23:34

INSPIRATIONAL QUOTES:

*"Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart."* Corrie Boom

*"Forgiveness is not an occasional act, it is a constant attitude."* Martin Luther King Jr

*"It is important that we forgive ourselves for making mistakes. We need to learn from our errors and move on."* Steve Maraboli

*"To forgive is to release the pain of resentment and to open the heart to receive the healing peace of love."* Clive deLaporte