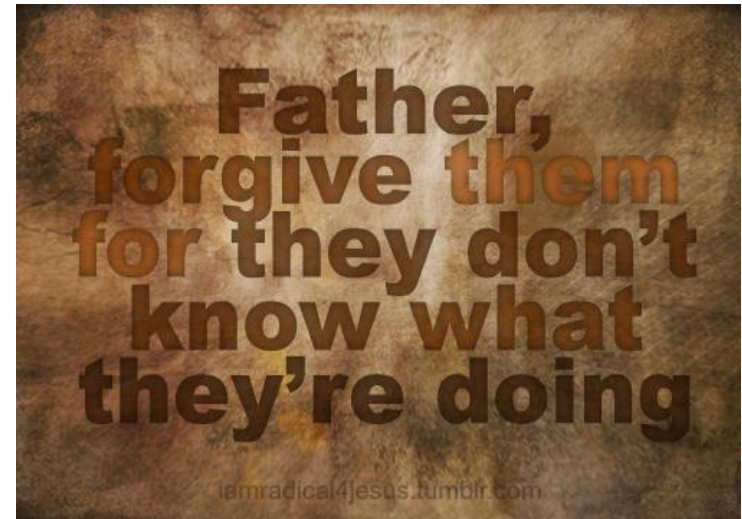


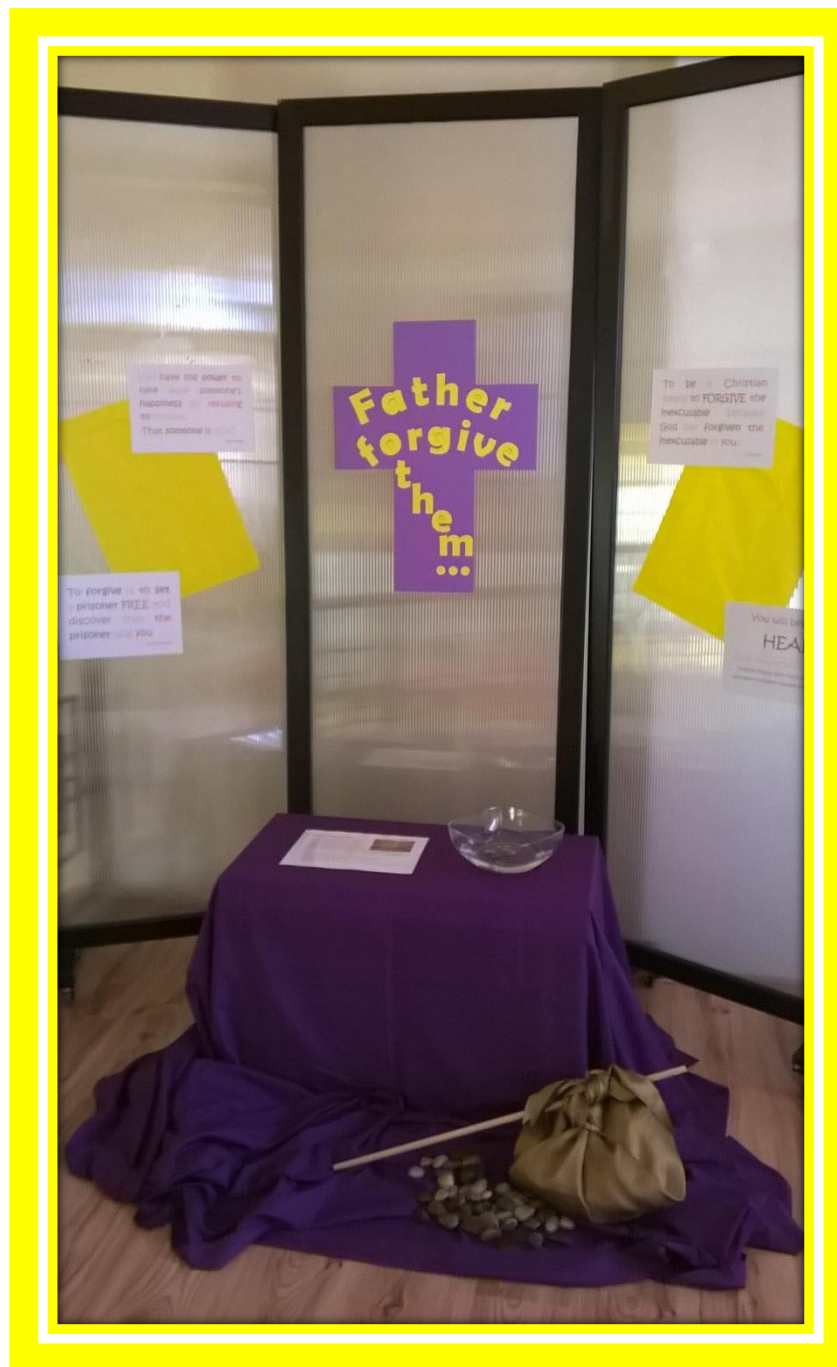
## **Father Forgive Them...**

On the cross Jesus cried out 'Father forgive them, for they do not know what they do'. Even as he was dying, he prayed to God that those who had put him to death would be forgiven. Sometimes bad things happen to us. Sometimes people do or say things that hurt

us, and it's hard to let go of our pain and anger. Sometimes the pain and anger seems heavy, like a stone inside us. Forgiveness is about letting go.



- ♥ Take some time to think and reflect
- ♥ Is there anyone in your life that you need to forgive?
- ♥ Are you willing to take the step of forgiveness?
- ♥ Hold a stone in your hands
- ♥ When you are ready, gently drop the stone into the water as a sign of forgiveness



You have the power to  
take your prisoner's  
happiness or refusing  
to listen.  
That someone is...

To forgive is to see  
a prisoner FREE and  
discover that the  
prisoner was you.

Father  
forgive  
them  
...

To be a Christian  
means to FORGIVE the  
unforgivable because  
God has forgiven the  
unforgivable in you.

You will be  
HEA...

You have the power to  
take away someone's  
happiness by refusing  
to forgive.  
That someone is YOU

To forgive is to set  
a prisoner FREE and  
discover that the  
prisoner was you

Father  
forgive  
them  
...

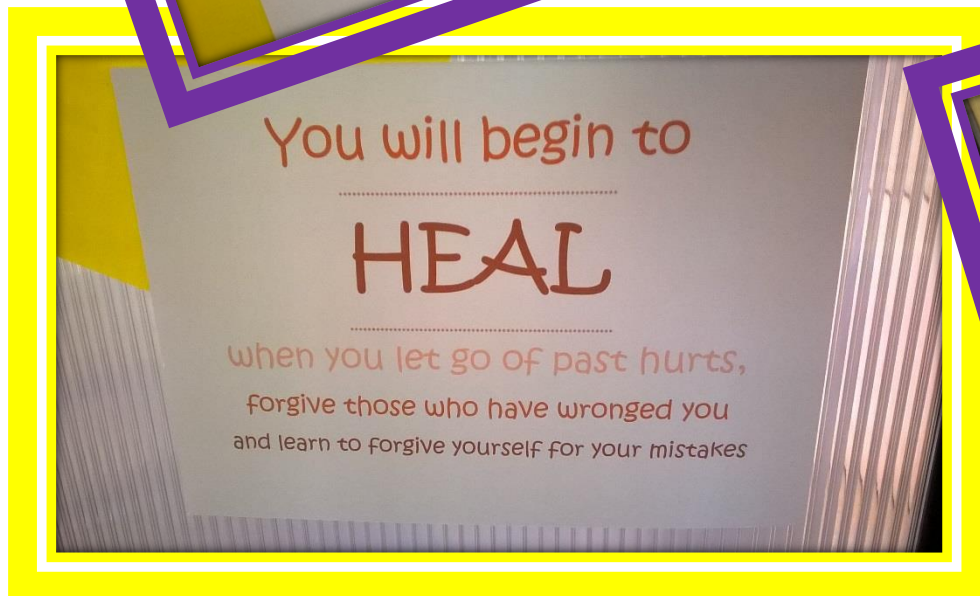
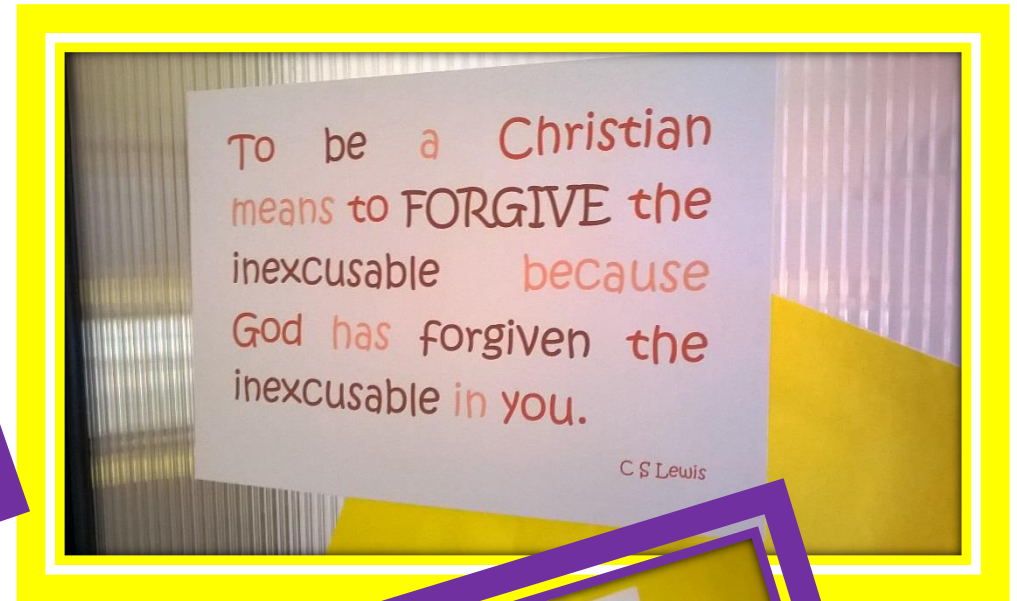
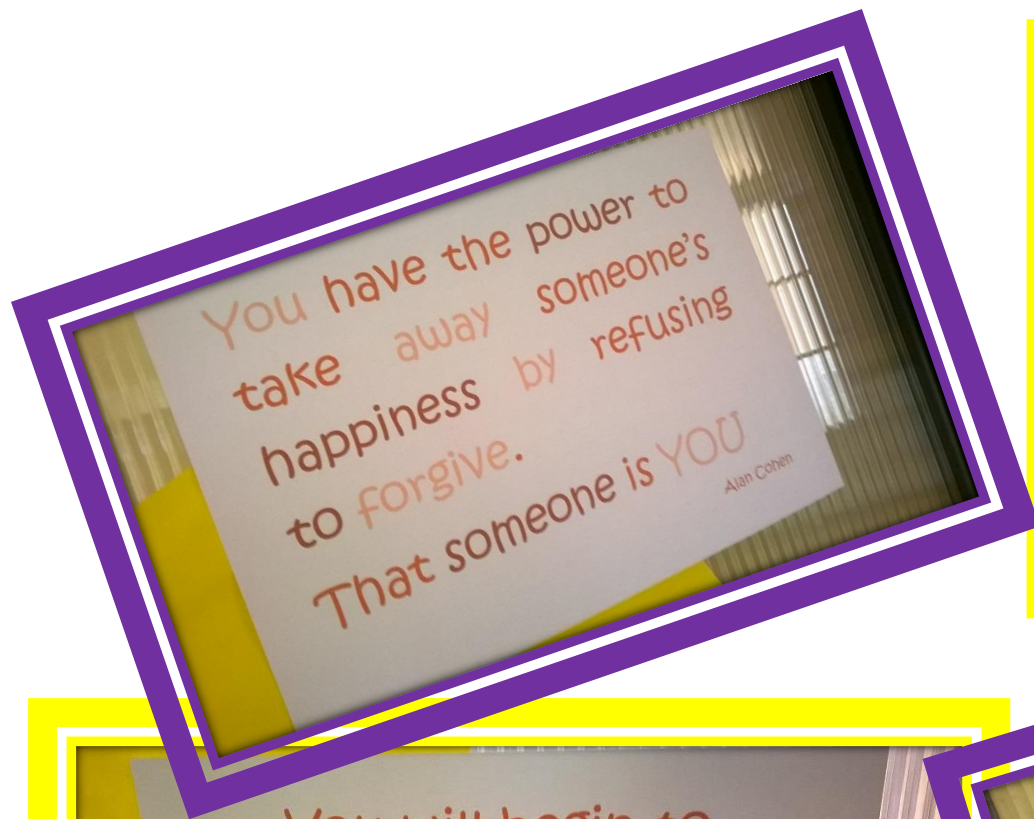
To be a Christian  
means to FORGIVE the  
inexcusable because  
God has forgiven the  
inexcusable in you.

You will begin to

HEAL









## God's Promises

CHRIST  
IS OF  
**GOD'S**  
Promises  
ARE  
YES  
2  
AMEN

Take a scripture reading and place it  
in a prominent place where you can  
see it.

Every time you feel discouraged,  
refer to the promise found in the  
scripture and offer a prayer.

*Let God's promises shine in your life.*

