

## Daily Reflection on Scripture Week of May 14 The Games We Play: Sorry



Each day slowly read the scripture a couple of times. Close your eyes and be with it for a moment in silence. How did it speak to you?

### Sunday, May 14

**Matthew 5:22-24** *If you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.*

**Sacred Pause:** Saying, "I'm sorry" is the first and most important step in healing a broken relationship. As hard as it might be, it is the first step to forgiveness.

### Monday, May 15

**Psalms 103:8-12** *The LORD is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities.*

**Sacred Pause:** Seeking revenge instead of healing in a relationship hurts both the giver and the receiver. Healing for both can begin with two powerful words, "I'm Sorry".

### Tuesday, May 16

**Isaiah 1:18** *"Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.*

**Sacred Pause:** When offended or hurt it is important to go inside yourself and name what in you is being triggered. Then with compassion you can sincerely say "I'm sorry".

### Wednesday, May 17

**Psalms 51:17** *The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.*

**Sacred Pause:** Humility is not a weakness. Vulnerability is not a weakness. Humility and vulnerability are necessary strengths to build lasting relationships.

### Thursday, May 18

**2 Corinthians 5:18-19** *All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation.*

**Sacred Pause:** Remembering when others have forgiven you is a great way to remember how important it is for you to forgive others. Forgive as you have been forgiven.

### Friday, May 19

**Matthew 6:14** *For if you forgive others their trespasses, your heavenly Father will also forgive you.*

**Sacred Pause:** It is amazing how forgiveness is reciprocal. As you become a more forgiving person it is easier for others to forgive you. It is truly amazing how it works.

**Saturday, May 20**

**1 Corinthians 13:4-7** *Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.*

**Sacred Pause:** Love does not rejoice at wrongdoing... Love bears all things, believes all things, hopes all things, endures all things. Love says, "I'm sorry, and I mean it."