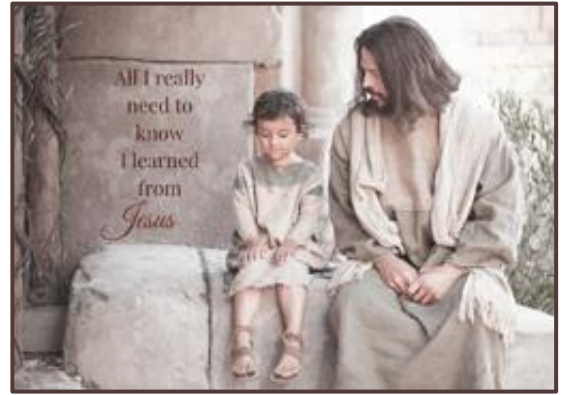


Daily Reflection on Scripture
Week of October 29
All I Need to Know I Learned from Jesus:
Week 3: Forgiveness



Sunday October 29

Luke 23:34 Jesus said, "Father, forgive them, for they don't know what they're doing."

Sacred Pause: When you are offended or hurt by another person you may want to hold onto anger and resentment. In doing so remember that harboring anger hurts you.

Monday October 30

Proverbs 17:9 Love prospers when a fault is forgiven, but dwelling on it separates close friends.

Sacred Pause: It has been said that, holding on to anger is like grasping a hot coal with the intent of throwing it at someone else and yet you are the one who gets burned.

Tuesday October 31

Ephesians 4:31-32 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Sacred Pause: Instead of harboring bitterness and anger and speaking harsh words about those who offend you, try to forgive as Christ compassionately forgives you.

Wednesday November 1

Psalm 86:5 O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help.

Sacred Pause: Forgiving an abuse by an offender is one of the hardest things to do. God, who is full of unfailing love wants to help you? Forgiveness is God's healing grace.

Thursday November 2

Proverbs 28:13 People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

Sacred Pause: Forgiveness is God's gift of healing for you. Your offender may not change behavior, but you can be changed by choosing to receive God's mercy for you.

Friday November 3

Luke 6:37 Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.

Sacred Pause: Forgiveness can be reciprocal. God forgives us first so that we can be forgiving people. When we forgive others God opens the hearts for others to forgive.

Saturday November 4 *Proverbs 10:12 Hatred stirs up quarrels, but love makes up for all offenses.*

Sacred pause: If we don't transform our pain, we will transmit it. If we allow God's love and grace to transform it we will most assuredly transmit love and healing grace.