



**FORGIVNESS = UNCONDITIONAL LOVE AND ACCEPTANCE**



**Affirmation: I am a center of love.**

**Love—The ability to attract, desire, and unify.**

**The disciple is John. He represents unconditional acceptance and forgiveness.**

**The corresponding color is pink, and the location is the heart.**

**Our Affirmation of Truth**

I AM a Divine Expression of Love.

I AM aware of the presence of Spirit in all things.

I believe in my Divine Good and in the powerful promise that connects us all.

I live consciously and commit to being a Light wherever I AM.

I AM, YOU ARE and WE ARE REFLECTIONS OF PERFECTION!



Part of Renaissance’s Unity’s Affirmation of Part of Renaissance’s Unity’s Affirmation of Truths is that we are all Divine Expressions of Love: What do these words mean to you? Who would you be able to explain them to your family, friends, children? Do you see yourself as a manifestation of Divine Love? Can you still be an Expression of Love if we holding on to resentment, anger, unforgiveness?

As Jesus said, on the cross, “Father , Forgive them, for they do not know what they do.” Do you think our Father, the Universe, Spirit needs to Forgive? We are Divine Expressions of Love, our work of forgiveness centers in the human-self not with our Divine Expression. Maybe that is why it is sometime difficult to understand forgiveness.

Forgiveness does not come from God, because God does not receive of-fense. The forgiveness that restores us to is a return on our part into that holy union with ourselves. Forgiveness is a unionizing of the soul with God. Because it makes us right with God, forgiveness heals all ills, makes the weak strong, the cowardly courageous, the ignorant wise, the mournful happy. It removes inhibitions from ability and sweeps aside the impediments that have caused us to hesitate in our race toward God. When we are directly sustained by the radiations of God, God fills us, in the perfection that we are.



**MY SPIRITUAL JOURNEY CHALLENGE: April 2024: Forgiveness creates pathways to peace. As you move through this month, your spir- itual challenge is to dedicate one day each week to consciously contemplate forgiveness. In week one, consider how you feel about forgiveness and in what situations you have felt the benefits of forgiving someone or something. In week two, consider people or situa- tions that you have not felt able (or willing) to forgive and how this has impacted your life. In week three, consider how you have felt when you have been forgiven for something you did that caused hurt. And, in week four, contemplate how forgiveness has impacted your internal sense of peace and what you have discovered after taking this time to answer these questions.**





### A Message from Rev. Glen on Forgiveness:

Forgiving doesn't make you weak; it sets you free. Forgiving someone even if they don't want your forgiveness isn't for the other person; it's for you. Forgiveness doesn't mean forgetting or condoning the actions that caused pain. Instead, it's a choice to move forward without carrying the heavy burden of bitterness. Often people struggle with the concept and action of forgiving someone who has gravely hurt them, but forgiving someone doesn't at all negate their actions or behavior. Forgiveness is the gift you give yourself. It is taking back control and is an amazing way to love yourself. Your forgiveness prevents their behavior from wounding your heart. You deserve the peace!

Take a breath. Forgiveness is not related to an apology. Some people will hurt you and won't apologize. To forgive in such a situation is the toughest task, and it is important to know what forgiveness is all about. It is accepting the hurt and understanding the grudges can't rule your life. The person can't make your life bitter, and it is important to lead a happy life without expecting an apology. Also, consider that the person who made you angry may have done it unintentionally or maybe their personality and mindset is different from yours. Should we expect everyone to think as we do?

OK, now, Where is the pain? Why is there pain? How can you prevent the pain from re-occurring? Sometimes we can learn from others that we consider harmed us.

Practice for-GIVE-ness. Write down various feelings you find challenging or that you don't like. Then find another emotion or action that you can give. For example: FOR anger, I will GIVE a hug; FOR meanness, I will GIVE question to understand why . . . Empathy.

Love is an endless act of forgiveness. Forgiveness is me giving up the right to hurt you for hurting me.

BEYONCE



**From the Daily Word: When I offer forgiveness to others, I am giving loving care to myself. Through forgiveness, I lighten my emotional load and let go of what does not serve me. My feelings of hurt or anger may be valid, but I am not helping myself by holding on to them.**

**Like a barricade of leaves, sticks, and debris in a river, a buildup of resentment and anger stops the healthy flow of my emotions. Being unwilling to forgive others or myself creates stagnation that holds back any feelings, even joy or gratitude.**

**As I relax and release old hurts, I remove blockades to let my emotions flow. I honor this process and have compassion for myself. Forgiveness creates a lightness in my heart. Newly cleansed, I continue my healing journey.**

**Hatred stirs up strife, but love covers all offenses. —Proverbs 10:12**

### Here's a few Biblical References on Forgiveness:

**NEEDING FORGIVENESS -Bible: *Romans 3:23; 1 John 1:8; Romans 6:23* ♦ **RECEIVING FORGIVENESS—Bible: *Isaiah 1:18; 1 John 1:9; Ephesians 1:7* ♦ **FORGIVING OTHERS Bible: *Matthew 6:14-15; Ephesians 4:32; Matthew 18:21-22* ♦ **FORGIVING MYSELF—Bible: *Romans 8:1; 1 John 1:9; Psalm 103:2-4, 12; Romans 5:1*********



**Lesson:** “The Prodigal Son,” Luke 15:11-32∞Two brothers each choose a different path that leads them home to the Christ within.

Luke 15:31-32  
31 “My son,’ the father said, ‘you are always with me, and everything I have is yours. 32 But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.’”

### **Metaphysical Interpretation:**

This story is about forgiveness and seeing God in everyone and every experience. The younger son made many choices that did not bring him what he was seeking and so he forgave himself and chose to follow God. The older brother had to be willing to let go of his judgment of both his brother and his father in order to see God in the situation. The father lived in a state of acceptance of both his sons. This story shows us that when we are willing to align our mind with God-mind, all we need to heal and harmonize our minds comes rushing to us.

### Spiritual Points:

- God is love and is everywhere present.
- When we make a mistake or others make a mistake we must be willing to forgive.
- Forgiveness has nothing to do with the actions of another. It’s only purpose is to free ourselves from feelings of hurt and bitterness.
- God can’t forgive because God is all good and does not perceive wrongdoing. That is an action of man and it is our responsibility to move past our hurt feelings and to see God in everyone.

### The Discussion Focused on:

- What did the youngest son want and what did he do with his money?
- When his money was gone, what did he eat when he was hungry?
- What happened when he decided to return home; what occurred when his father and older brother saw him?
- Was there a time when you were unhappy with someone in your family?
- What was everyone feeling?
- How do you know that God is always there no matter what you are doing or feeling?
- God is present in every situation and focusing on our Christ self helps us to make wise decisions.

This parable tells us that we are all free to claim our divine inheritance from God and use it any way we choose. Our divine inheritance consists of all the divine ideas in the Mind of God that pertain to man. We are all born with all the gifts and talents we will ever need. Occasionally the gifts are not easily recognized. Sometimes we have to go to a “far country,” which represents another way of thinking, in order to see ourselves in a new/better way.

**Activity:** Play Hide and Seek: Play hide and seek together taking turns being the hider and seeker. Share the experience. How did it feel to hide and wait to be found? How did it feel to be found?

Anything that is not love is only a visitor to your body.

You are not anxious, stress is simply flowing through you.

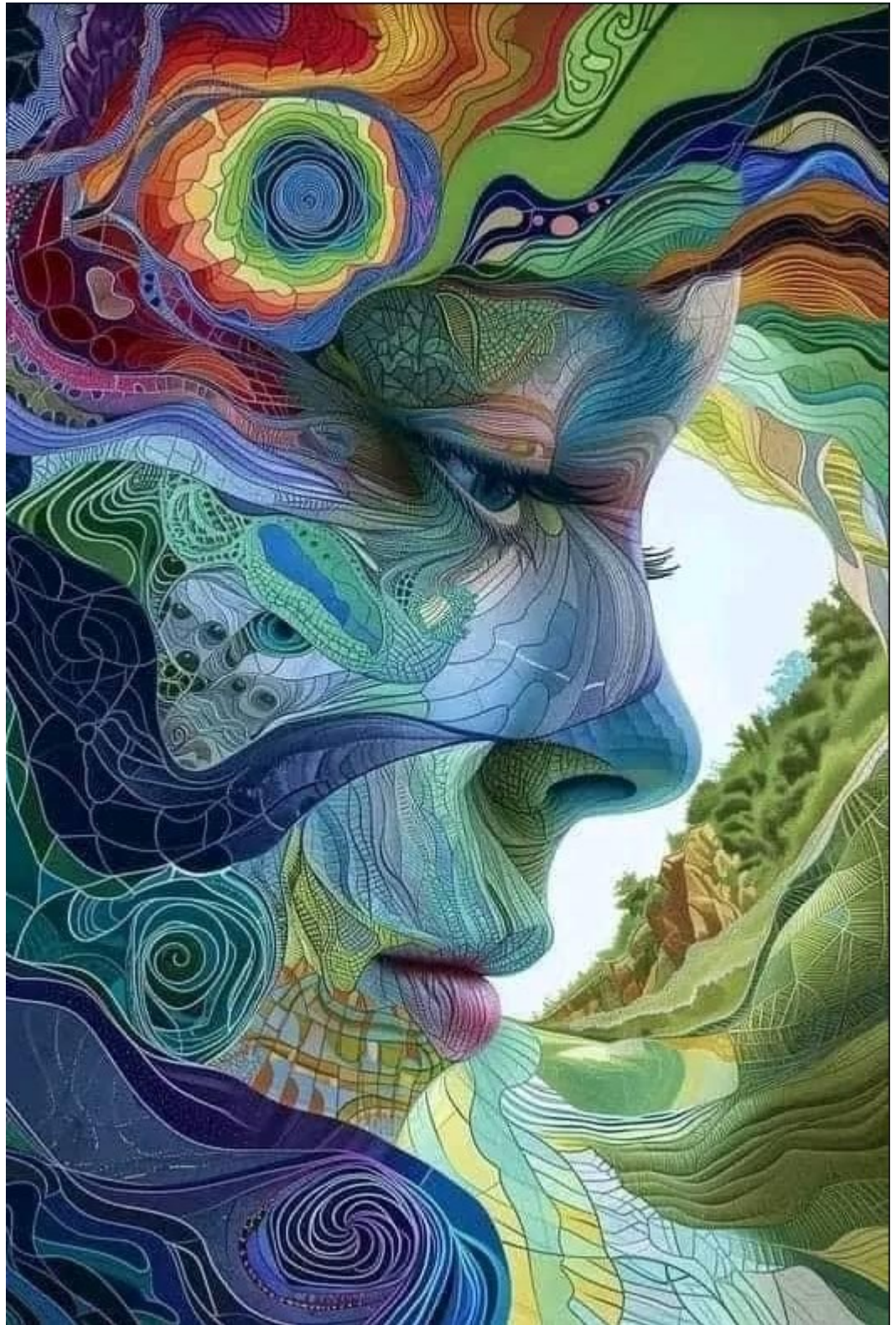
You are not permanently depressed, sadness is simply visiting you.

You are not lost, confusion is simply wandering within you.

And you are not broken, pain is simply passing through you.

Words by Tahlia Hunter

Inspired by the poem by Rumi "This being human is a guesthouse"





# What is FORGIVENESS?

Forgiving	NOT Forgiving



staying angry	accepting an apology
hurting someone back	giving a second chance
working things out	not being mad anymore
holding a grudge	not bringing it up anymore
planning to get even	focusing on the bad choice

What on this list is forgiving, which ones are not, make up your own list of ways to be forgiving

*Word Search*



# FORGIVENESS

J A L Q R E S T R A I N T C  
I C L O V E R R C O K O G T  
N C Z B S F E H O N I L P M  
T E I H T R G Z M F N E A T  
E P N O R I R R P O D T T O  
G T E N E E E E A R N I I L  
R A G E N N T S S G E T E E  
I N S S G D J I S E S G N R  
T C I T T S M L I T S O C A  
Y E R Y H H Z I O S X G E N  
Z F O R G I V E N E S S U C

**FORGIVENESS** WORD SEARCH