



The Virtue of the Brave

How do we cultivate forgiveness?

“There is no greater love than to lay down one’s life for one’s friends.” (John 15:13)

IDEAS FOR REFLECTION

What would you do if you faced this type of life-altering tragedy? Would you forgive this person? If not, why? Remember that forgiveness begins with a decision, not a feeling.

JOURNAL YOUR THOUGHTS

Now that you’ve begun your journey of forgiveness, who do you need to release emotionally? Emotional forgiveness requires that we replace negative emotions with positive feelings of compassion, sympathy, or empathy. Take a moment and write down your thoughts.

MY PRAYER

Thank you, Lord, for supplying the emotional strength to release those who have harmed me or my loved ones. I have decided to forgive now I thank you for the compassion to walk out this journey of forgiveness.

For further studies on this subject and others like it, please visit: www.LeslieMcNulty.com, Life & Spirituality TV – Episode 17B—Forgiveness.