



Reach for Forgiveness

How do you forgive someone for the unthinkable?

“Blessed are the merciful, for they will be shown mercy.” (Matthew 5:7, NIV)

IDEAS FOR REFLECTION

How would you forgive someone for the unthinkable? Have you encountered forgiveness being offered to you even though you were guilty? Perhaps you should forgive yourself today for something that you feel guilty about.

JOURNAL YOUR THOUGHTS

The REACH method of forgiveness is an excellent method for releasing emotional forgiveness. Take a moment and work through this process for yourself.

R-E-A-C-H

RECALL TO GAIN PERSPECTIVE

EMPATHIZE TO INCREASE UNDERSTANDING

BE ALTRUISTIC BY GIVING FORGIVENESS

COMMIT TO PUBLIC FORGIVENESS

HOLD ON TO FORGIVENESS

Perhaps there is someone you can help by introducing them to REACH. Jot down their names.

MY PRAYER

Dear Heavenly Father, Jesus was crucified as an innocent man. His last words on the cross were, “Father forgive them for they do not know what they are doing.” Lord help me forgive those who have hurt me even as you have freely forgiven me through Christ's sacrifice. I receive forgiveness today!

For further studies on this subject and others like it, please visit: www.LeslieMcNulty.com, Life & Spirituality TV – Episode 18A—Forgiveness.