



Health Benefits of Forgiveness

Did you know that forgiveness may be the key to a longer life span and may improve your sleep, reducing the number of medications needed?

“And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”
(Ephesians 4:32)

IDEAS FOR REFLECTION

Are you an angry person? Did you know that forgiveness can release you from anger and that it may be the key to a longer life? Have you considered the negative impact unforgiveness and anger have on your health?

JOURNAL YOUR THOUGHTS

Is there anything in this life that we should not forgive? If so, why?

Perhaps you or someone close to you has been the perpetrator of something terrible. Are you able to forgive yourself and help that individual(s)? Capture the emotions that you feel in your journal.

MY PRAYER

Lord Jesus, I admit that in my own strength, I’m not able to forgive myself and those that I have offended. I desire to know unconditional forgiveness. Make me an instrument of your forgiveness. Thank you, Jesus, for releasing me from the anger that I have carried.

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