

FINDING IT DIFFICULT TO FORGIVE ?

Try this forgiveness meditation:

FORGIVENESS MEDITATION (In Jesus Christ)

Sit in a comfortable position. Keep your back straight. Relax from head to toes and concentrate on your breath. Watch your breath as it goes in and out. Drag a cushion to make it comfortable. If you prefer to have some soft soaking prayer music in the background) A few to choose from. There heaps more soaking/healing Christian music. Choose from the links below.

<https://www.youtube.com/watch?v=2bSINZVGlek> <https://www.youtube.com/watch?v=5d5Pk6a0QPo>

<https://www.youtube.com/watch?v=jPT41DnKVdc>

<https://www.youtube.com/watch?v=3FrEmgyM4-k>

- Just inhale JESUS and breathe out your anger, tension, confusion, pain, disappointments, the matters battling in your thoughts, depressing thoughts etc . Then inhale JESUS and let out Your body pain and aches. (Try not to Pray -But just breathe in and breathe out till you feel peace trickling in.

Think of a difficult situation where someone had hurt you intentionally or accidentally. Try to see whether you can see JESUS in the background when you went through these painful experiences.

1. Invite Jesus to help you to forgive those who have sinned against you. Grace to believe what is impossible in your mind not to forgive can be made possible by the grace of God to forgive.

2) Release these harsh feelings. Breath in Jesus and breathe out your harsh feelings.

3) If tears come, acknowledge them.

4) Slowly get to a point where you can release the harsh feelings and forgive the person or persons who hurt you. Bring to your mind the scene where Jesus says, "Father forgive them, for they know not what they are doing"- Jesus is forgiving those who were nailing Him to the cross.

5) Keep asking/praying to Jesus/ to give you His love/ to heal you/help you if you can't forgive those who have hurt you. Remember the Lord's prayer where we pray, "Forgive our sins as we forgive those who sin against us". Forgive them so that your sins will be forgiven.

6) When you are ready send them love.

7) Observe your body, your thoughts, and feelings.

- You might have to repeat this several times. • Think of the time you have hurt others.

Acknowledge the anger, pain, helplessness, and sadness you would have caused these people. Ask for their forgiveness. • Forgive yourself. It is in forgiving yourself that you can forgive others. • Only when you forgive you can move forward in life.

- Invite the Holy Spirit to release the anointing of forgiveness to seal, retain and carry you through for the rest of your life.

Compiled by : Ps Hilda