

# DO YOURSELF A FAVOR AND FORGIVE

How are forgiveness and joy connected? Have you experienced forgiveness bringing about joy? Or conversely, have you ever felt a lack of peace because you weren't able to forgive? How did you come back to peace?

Forgiveness doesn't mean brushing it under the rug or pretending like it didn't hurt. What does it mean to you to hear the Lord acknowledge your pain?

How has the Lord forgiven you? Think back on a time when you received the Lord's mercy? How can you extend that same loving kindness to others, especially those who have hurt you?

Is there a person that came to mind as you listened to today's Teachable Tuesday? Allow the Holy Spirit to reveal if there are any relationships or situations where He might be asking you to forgive?