

## Forgiveness Exercise:

And forgive us our sins, For we ourselves also forgive everyone who is indebted to us. Luke 11:4

1) Meditate upon God's grace and forgiveness of you.

As the Holy Spirit brings things to mind:

2) Make a list of people in your mind that you have hurt.

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3) Make a list of people in your mind that have hurt you.

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4) Determine to reconcile or forgive those on your list. " "You don't owe me anything!"