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“THE FOUR ‘Rs’ OF FORGIVENESS”

‘Only The Brave Know How To Forgive’

Colossians 3:12-14 Forgive and love.

“If you can feel it, you can heal it.”

“To be wronged is nothing unless you continue to remember it.” Confucius.

Repeatedly reliving is “rehearsing.”

The “*Phantom limb syndrome*”- is the sensation that an amputated or missing limb is still attached.

The “*Mirror Box*.” The mind believes what it sees.

Mathew 18:18-22 Bind, loose, and forgive yourself.

Steps of forgiving and healing:

- Recall
- Reflect
- Reframe
- Release.

Forgiveness is freedom:

- Forgive yourself
- Forgive others
- Forgive everything.

“He who forgives ends the quarrel.”

Only the brave know how to forgive... A coward never forgave; it is not his nature.

It is your call! Get on with the purpose of your life.

A Ministry to Ministries