



Joseph: Forgiveness 4

PASTOR ALEXANDRA



Genesis Ch. 37-50

THE STORY OF JOSEPH

Genesis 45:1-8

- ▶ 45 Joseph could stand it no longer. There were many people in the room, and he said to his attendants, "Out, all of you!" So he was alone with his brothers when he told them who he was.² Then he broke down and wept. He wept so loudly the Egyptians could hear him, and word of it quickly carried to Pharaoh's palace.
- ▶ ³ "I am Joseph!" he said to his brothers. "Is my father still alive?" But his brothers were speechless! They were stunned to realize that Joseph was standing there in front of them. ⁴ "Please, come closer," he said to them. So they came closer. And he said again, "I am Joseph, your brother, whom you sold into slavery in Egypt." ⁵ But don't be upset, and don't be angry with yourselves for selling me to this place. It was God who sent me here ahead of you to preserve your lives. ⁶ This famine that has ravaged the land for two years will last five more years, and there will be neither plowing nor harvesting. ⁷ God has sent me ahead of you to keep you and your families alive and to preserve many survivors.^[a] ⁸ So it was God who sent me here, not you! And he is the one who made me an adviser^[b] to Pharaoh—the manager of his entire palace and the governor of all Egypt.


Genesis 50:14-21

- ▶ **14** After burying Jacob, Joseph returned to Egypt with his brothers and all who had accompanied him to his father's burial. **15** But now that their father was dead, Joseph's brothers became fearful. "Now Joseph will show his anger and pay us back for all the wrong we did to him," they said.
- ▶ **16** So they sent this message to Joseph: "Before your father died, he instructed us **17** to say to you: 'Please forgive your brothers for the great wrong they did to you—for their sin in treating you so cruelly.' So we, the servants of the God of your father, beg you to forgive our sin." When Joseph received the message, he broke down and wept. **18** Then his brothers came and threw themselves down before Joseph. "Look, we are your slaves!" they said.
- ▶ **19** But Joseph replied, "Don't be afraid of me. Am I God, that I can punish you? **20** You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people. **21** No, don't be afraid. I will continue to take care of you and your children." So he reassured them by speaking kindly to them.



**How can I forgive that
person that hurt me?**

I DON'T THINK I CAN



**There is a difference
between forgiveness,
reconciliation, and
restoration.**

New Perspective Principle

- ▶ **Forgiving other people starts with understanding how much God has forgiven us.**

Ephesians 4:31-32 NLT, MSG


- ▶ ³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
- ▶ ³¹⁻³² Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.

Everyone says
forgiveness is a
lovely idea, until
they have something
to forgive.

C.S. Lewis
Mere Christianity

What is Unforgiveness?

- ▶ **Unforgiveness is a state of emotional and mental distress that results from a delayed response in forgiving an offender. It is characterized by indignation, bitterness, and a demand for punishment or restitution.**



"Forgiveness isn't approving what
happened. It's choosing to rise above it."
– Robin Sharma

Signs I haven't forgiven

- ▶ You get angry a lot
- ▶ You are keeping a list of wrongs
- ▶ You replay the offense over and over in your mind
- ▶ You gossip about them
- ▶ You act righteous and entitled
- ▶ You daydream about revenge
- ▶ You are happy when something bad happens to them
- ▶ You tend to avoid the person
- ▶ You keep talking about the offense
- ▶ You can't handle hearing about the person
- ▶ Sometimes- You are sick or in pain

We need to forgive, not stuff (From-Turning the Page)

- ▶ Forgiveness takes time
- ▶ Forgiveness involves sadness
- ▶ Forgiveness reflects learning
 - ▶ Learning through forgiveness means that we set up new systems and boundaries.
Stop cycles
- ▶ Forgiveness comes from God



I think the first step is to
understand that
forgiveness does not
exonerate the perpetrator.
Forgiveness liberates the
victim. It's a gift you give
yourself.

T. D. JAKES

Dr. Tyler VanderWeele

- ▶ **"Forgiving a person who has wronged you is never easy, but dwelling on those events and reliving them over and over can fill your mind with negative thoughts and suppressed anger," says Dr. Tyler VanderWeele, co-director of the Initiative on Health, Religion, and Spirituality at the Harvard T.H. Chan School of Public Health. "Yet, when you learn to forgive, you are no longer trapped by the past actions of others and can finally feel free."**

Unforgiveness side effects

- ▶ Harboring anger and resentment leads to the body to release stress hormones like cortisol and adrenaline whenever the person comes to mind. A steady stream of those chemicals can lead to stress and anxiety as well as dampen creativity and problem solving.

THE COMMON DENOMINATOR

- ✓ High Blood Pressure
- ✓ Anxiety
- ✓ Heart Attack
- ✓ Back Pain
- ✓ Headache
- ✓ Cancer
- ✓ Depression

IS UNFORGIVENESS

INCLUDING A PROCESS TO FORGIVENESS

MELINDA HUDSON MSN/ED, BSN, RN

Forgiveness: Your Health Depends on It

- ▶ **The good news: Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress.**
- ▶ **forgiveness is associated with lower levels of depression, anxiety, and hostility; reduced substance abuse; higher self-esteem; and greater life satisfaction.**




Hebrews 12:15

- ▶ **15 Watch over each other to make sure that no one misses the revelation of God's grace. And make sure no one lives with a root of bitterness sprouting within them which will only cause trouble and poison the hearts of many.**


***bitterness also translated resentment**

UNFORGIVENESS LEADS
TO BITTERNESS,
BUT FORGIVENESS
LEADS TO HEALING.





I forgive. First, because I've
been forgiven by God. Second,
unforgiveness makes me
miserable. And third, I'm going
to need more forgiveness in the
future. So we don't forgive for
their benefit. We actually
forgive for ours.

Rick Warren


www.idlehearts.com

Luke 6:37-38 NLT, MSG

- ▶ **37 "Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven. 38 Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back.^[a]"**
- ▶ **37-38 "Don't pick on people, jump on their failures, criticize their faults—unless, of course, you want the same treatment. Don't condemn those who are down; that hardness can boomerang. Be easy on people; you'll find life a lot easier. Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity."**



Unforgiveness can maintain a damaging link between the offender and the victim.

Unforgiveness shackles you to the person who hurt you...it binds you to pain. Forgiveness sets you free from that bondage.



Hope For The Broken Hearted

UNFORGIVENESS
CHAINS US TO THE
PAST, POISONS THE
PRESENT AND KEEPS
US FROM WHAT THE
LORD HAS FOR THE
FUTURE.

“For us humans, forgiveness does not erase the past. Rather, it opens up a new future by blocking the past from poisoning that future.”

—Philip Yancey



**Unforgiveness is
choosing to stay
trapped in a jail cell
of bitterness, serving
time for someone
else's crime.**

WWW.LIVELIFEHAPPY.COM

Jim Richards-

- ▶ You have two choices when you are offended: send it away or retain (keep) it. If you send it away it no longer affects your life. If you retain it, it stays alive in you forever poisoning your peace, joy, and quality of life! Maybe The Message Bible translation can shed some light on this. If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them? (John 20:23, TMB)
- ▶ Holding on to your pain isn't serving you. It isn't getting you what you want. In fact, it isn't making the offender pay, it's making you pay. Every day that you hold on to your pain you are rewarding the person who hurt you!



“TO FORGIVE IS TO SET A
PRISONER FREE AND DISCOVER
THAT THE PRISONER WAS YOU.”

- LEWIS B. SMEDES

Elizabeth Smart

- ▶ Kidnapped and held for 9 months at the age of 14.
- ▶ “Elizabeth, what these people have done to you is terrible, and there aren't words strong enough to describe how wicked and evil they are,” Smart recalls her mom's words in a Goalcast video. “They have stolen nine months of your life away from you that you will never get back. But the best punishment you could ever give them is to be happy, is to move forward with your life, to do all the things you want to do. Because by feeling sorry for yourself, by holding onto the past, by reliving it, that's only allowing them to steal more of your life away from you. And they don't deserve that, they don't deserve a single second more. So you need to be happy and you need to move on with your life.”



PLEASE FIND ME



Suspect Description
 Caucasian Male
 30 to 40 Years Old
 5' 8" to 5'10"
 Dark Hair
 Hair on arms and
 back of hands
 Light jacket
 Light Col Hat or
 Light Col Striped Hat
 Dark shoes

Elizabeth Smart

Victim Description


Age:	14 Years Old	Height:	5' 6" - 5ft 6in
Gender:	Female	Weight:	100 lbs - 45 kg
Hair:	Blonde	DOB:	Nov 2, 1997
Eyes:	Blue	Misc:	June 5, 2002
Outfit:	Red Flannel	From:	Salt Lake City, UT USA

www.elizabethsmart.com

SEARCH CENTER TOLL-FREE 866-FIND LIZ / 866-346-3549

POLICE HOTLINE 801-799-3000

A \$200,000 REWARD is being offered for the safe return of Elizabeth Smart.
 A \$25,000 REWARD is being offered for anonymous information leading investigators
 to Elizabeth or information resulting in a conviction in this case.
 Anonymous tip line: 801-799-8470 14630

- 
- ▶ When the final day of trial for her captors came along, Smart realized she had, in fact, taken her mom's advice when the sheer sight of Brian Mitchell did not make her fearful, or anxious.
 - ▶ "He had no power over me anymore," Smart says. "And I remember how empowering that felt to me."
 - ▶ That empowerment radiated the courtroom that morning, as one of her captors was sentenced to life in prison without parole.
 - ▶ Smart says she's realized that forgiveness is not for the other person, but for yourself.
 - ▶ "Bad things do happen, but that doesn't mean they need to define us or destroy our life." She continues, "what defines you is how you react, and the decisions you make."
 - ▶ In choosing joy, and finding happiness after trauma, Smart has gone on to get married, to have a family, and to be a powerful advocate for all victims.

Foursquare Children of Promise (FCOP)

- ▶ We have a Khmer Rouge commander who is responsible for killing 10,000-plus people. But that man came to one of our major outreaches, where we treated 18,000 people. When he saw that he had tears in his eyes. He didn't say a word, just sat there crying. The next year we were getting ready to have our next big outreach and Peter and I didn't know where to hold it! We need to go to this former Khmer Rouge commander; so we went to this village. And we said, we'd like to have our outreach at your church. He just started to weep; he said "That's what I've been praying for. I've brought so much suffering to this region. I want to do something to help it heal." To this day, all of his children are in the ministry. He's the district supervisor of over 300 churches. Thousands of people honor and respect him, when you'd think they'd want to kill him.

Nelson Mandela

- ▶ Nelson Mandela is a world-famous icon for peace. He fought for freedom for the black majority in South Africa and was imprisoned by the brutal apartheid regime for 27 years for his activism. He spent the prime years of his life in jail, missing the opportunity to see his children growing, and so much more. He was an old man by the time he left prison. He chose to forgive his former jailers, letting go of the feelings of bitterness that one would naturally expect.
- ▶ Instead of exacting revenge, he chose to work with the former government and the white minority to build a new and democratic country. Speaking about holding on to feelings of bitterness against the old regime, he said, **"Having resentment against someone is like drinking poison and thinking it will kill your enemy"**.

You gotta understand that some people never really grow. They never learn their lesson. They never recognize their mistakes, they never acknowledge their faults, they never admit they were in the wrong. You will never receive an apology from them, and you will never see their behavior change.





Luke 23:34 TPT, AMP

- ▶ While they were nailing Jesus to the cross, he prayed over and over, "Father, forgive them, for they don't know what they're doing."
- ▶ And Jesus was saying, "Father, forgive them; for they do not know what they are doing."

Jim Richards

- ▶ **When you are in prayer and meditation simply identify your pain and send it away. Acknowledge that it is not serving you. It is not from God. You don't want it. Create some visual and physical concepts to see and feel it leave you. Thank God for the freedom to do this. Call yourself free. And if you know how to do it, create a trigger that anytime those negative emotions try to come back on you, you can simply say one word, or create one thought and you will immediately feel free.**

Don't Rush The Process



Don't Slow Down The Process



We Need To Forgive

- ▶ Those who hurt us
- ▶ God
- ▶ Ourselves






Colossians 3:13-14 NLT , MSG

- ▶ ³ Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. ¹⁴ Above all, clothe yourselves with love, which binds us all together in perfect harmony.
- ▶ ¹²⁻¹⁴ So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it.

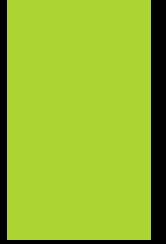




“Forgiveness does not mean ignoring what has been done or putting a false label on an evil act. It means, rather, that the evil act no longer remains as a barrier to the relationship. Forgiveness is a catalyst creating the atmosphere necessary for a fresh start and a new beginning.”

MARTIN LUTHER KING JR.

"Stop making
what someone
did to you bigger
than what Jesus
did for you."



I FORGIVE PEOPLE
BUT THAT DOESN'T
MEAN I ACCEPT THEIR
BEHAVIOR OR TRUST
THEM. I FORGIVE THEM
FOR ME, SO I CAN LET
GO AND MOVE ON
WITH MY LIFE.

WWW.FORGIVENESSMAGAZINE.COM





How can I forgive
when it hurts so much

“When something bad happens you have three choices.

You can either let it define you, let it destroy you, or you can let it strengthen you.”

— Dr. Seuss



inspiringandpositivequotes.com

Dear God,
When I can't forgive myself, your forgiveness is not the problem. I'm
being stubborn in my own way, like a mule. Thank you for your love
that never stops forgiving me. Send your Spirit to convince me today
that I am completely forgiven.

Amen.



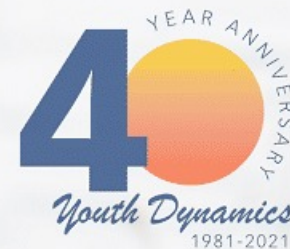


WHEN BOILED DOWN TO ITS ESSENCE,
**UNFORGIVENESS IS
HATRED.**

JOHN R. RICE

Everyone makes mistakes in life, but that doesn't mean they have to pay for them the rest of their life. Sometimes good people make bad choices. It doesn't mean they're bad. It means they are human.

Unknown



REMINDER:


You don't have to rebuild a relationship with everyone you've forgiven. Just because you are at peace, doesn't mean they're not still toxic.


unknown | @peacefulmindpeacefullife




Forgive

all who have offended you,
not for them, but for yourself.

- 
- ▶ **There are two sides to forgiveness: decisional and emotional. Decisional forgiveness involves a conscious choice to replace ill will with good will. "You no longer wish bad things to happen to that individual," says Dr. VanderWeele. "This is often quicker and easier to accomplish."**
 - ▶ **For emotional forgiveness, you move away from those negative feelings and no longer dwell on the wrongdoing. "Emotional forgiveness is much harder and takes longer, as it's common for those feelings to return on a regular basis," says Dr. VanderWeele. "This often happens when you think about the offender, or something triggers the memory, or you still suffer from the adverse consequences of the action."**
 - ▶ **It also can be difficult for men to admit to themselves that there was this great offense that still bothers them," says Dr. VanderWeele.**

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- ▶ **The content of one's thinking, and particularly repetitive types of rumination, will typically influence whether one will be more forgiving or more vengeful in their motivations, and perhaps in their actions as well.**
 - ▶ **There are many types of rumination: some can be fearful or simply obsessional, while others can be about getting revenge and responding angrily.**
 - ▶ **Rumination is a form of affect-laden repetitive thinking associated with automatic and intrusive thoughts about an event and its consequence for the person can interfere with the person's daily activities.**
 - ▶ **<https://positivepsychology.com/forgiveness-benefits/>**

- 
- ▶ Forgiveness, in a psychological sense, is the intentional and voluntary process by which one who may initially feel victimized, undergoes a change in feelings and attitude regarding a given offense, and overcomes ^{[1][2][3]} negative emotions such as resentment and vengeance (however justified it might be).

1 Corinthians 13:4-7 NLT, MSG

- ▶ **⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out. ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.**
- ▶ **Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have.
Love doesn't strut, Doesn't have a swelled head, Doesn't force itself on others,
Isn't always "me first," Doesn't fly off the handle,
Doesn't keep score of the sins of others, Doesn't revel when others grovel,
Takes pleasure in the flowering of truth, Puts up with anything,
Trusts God always, Always looks for the best,
Never looks back, But keeps going to the end.**

1 Corinthians 13:4-7 TPT

- ▶ **4**Love is large and incredibly patient. Love is gentle and consistently kind to all. It refuses to be jealous when blessing comes to someone else. Love does not brag about one's achievements nor inflate its own importance. **5**Love does not traffic in shame and disrespect, nor selfishly seek its own honor. Love is not easily irritated or quick to take offense. **6**Love joyfully celebrates honesty and finds no delight in what is wrong. **7**Love is a safe place of shelter, for it never stops believing the best for others. Love never takes failure as defeat, for it never gives up.

Matthew 18:15-17 MSG

- ▶ ¹⁵⁻¹⁷ "If a fellow believer hurts you, go and tell him—work it out between the two of you. If he listens, you've made a friend. If he won't listen, take one or two others along so that the presence of witnesses will keep things honest, and try again. If he still won't listen, tell the church. If he won't listen to the church, you'll have to start over from scratch, confront him with the need for repentance, and offer again God's forgiving love.



Matthew 18:15-17 TPT

- ▶ **15**“If your fellow believer sins against you, you must go to that one privately and attempt to resolve the matter. If he responds, your relationship is restored. **16**But if his heart is closed to you, then go to him again, taking one or two others with you. You’ll be fulfilling what the Scripture teaches when it says, ‘Every word may be verified by the testimony of two or three witnesses.’ **17**And if he refuses to listen, then share the issue with the congregation in hopes of restoration. If he still refuses to respond, even to the church, then you must disregard him as though he were an outsider, on the same level as an unrepentant sinner

Therapy Aid- what forgiveness is

- ▶ The decision to overcome pain that was inflicted by another person.
- ▶ Letting go of anger, resentment, shame, and other emotions associated with an injustice, even though they are reasonable feelings.
- ▶ Treating the offender with compassion, even though they are not entitled to it.

Therapy aid What forgiveness is not

- ▶ Reconciliation (repairing or returning to a relationship).
- ▶ Forgetting the injustice.
- ▶ Condoning or excusing the offender's behavior.
- ▶ Granting legal mercy to the offender. "Letting go", but wishing for revenge.

**Is it true if I don't forgive
someone God won't forgive me?**



Luke 7:23-35

- ▶ ²³ "Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. ²⁴ In the process, one of his debtors was brought in who owed him millions of dollars.^[k] ²⁵ He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt.
- ▶ ²⁶ "But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' ²⁷ Then his master was filled with pity for him, and he released him and forgave his debt.
- ▶ ²⁸ "But when the man left the king, he went to a fellow servant who owed him a few thousand dollars.^[l] He grabbed him by the throat and demanded instant payment.
- ▶ ²⁹ "His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. ³⁰ But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full.
- ▶ ³¹ "When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. ³² Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. ³³ Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' ³⁴ Then the angry king sent the man to prison to be tortured until he had paid his entire debt.
- ▶ ³⁵ "That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters^[m] from your heart."



**I CAN'T FORGIVE YOU – YOU
HAVEN'T FORGIVEN THAT MONGREL
WHO RAN OFF WITH YOUR SISTER**

#STUFFJESUSNEVERSAID

What are the Benefits of Forgiveness?



(And how to forgive gracefully)



👍❤️ 79

2 comments 19 shares

👍 Like

💬 Comment

➦ Share



Arthur Andrews



4d · 🌐

If you go to church looking to become offended, you'll succeed.

If you go to church looking for places where people fall short, you'll find them.

If you go to church looking for imperfection, you'll see it.

But if you go to church looking for an opportunity to worship alongside broken people (just like you), you'll find it.

If you go to church looking for a place to serve, you'll find one.

If you go to church to love people like Jesus, you can.

10/10 times...you find what you're looking for.

Look for Jesus 🔥

👍❤️ 36

2 comments 19 shares



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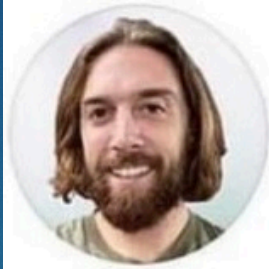
Notifications



Menu

**You can forgive
people without
welcoming them back
into your life.
Apology accepted.
Access denied.**





Ellis Anthony

@spiritofellis

maturity is working through
your trauma and not using it
as a never ending excuse for
poor behavior.











New Perspective Principle

- ▶ Test people before you let them back in your life.
- ▶ Let time go by
- ▶ See if the change is real



A woman with long dark hair, wearing a white t-shirt and black leggings, is falling face-first onto a paved path in a park. Her arms are outstretched on the ground, and her legs are kicked up in the air. She is wearing colorful sneakers. The background shows trees and a blurred path. The text is overlaid on the right side of the image in red font, with each word in a separate semi-transparent white box.

Unforgiveness:
A Stumbling Block
on Your
Road to
Destiny

<https://AandBCounseling.com>

The heaviest thing you can
carry is a grudge.







ANDERSON '17
CHRISTIANPOST.COM



The condition of our hearts affects the condition of our relationships.

I never knew
how strong I was
until I had to
forgive someone
who wasn't sorry,
and accept
an apology I
never received.



@PeacefulMindPeacefulLife

Forgiveness is about your healing. It's about losing the charge of the situation and/or person, and you reclaiming the power around your life. You deeply know that you are strong and whole. Forgiveness is never about the other person's feelings or actions.



**Unforgiveness
in your heart
will hurt you
more than
anyone else.**

Fall Conference

- ▶ **Central District Leadership Conference**
Houston- Wednesday 5 pm Sept. 28-Friday
Sept 30 at 12 pm
 - ▶ **Workshop- Sept. 29- (9:45- 10:45, and 11- 12)**
- ▶ **Hispanic District Leadership Conference-**
Ada. OK- Thurs. Sept 29-700pm - Saturday
Oct 1 at 12pm

NPC NEWS

- ▶ **Prayer**
- ▶ **Youth – Encounter Night**
- ▶ **Worship Night**
- ▶ **Party**

Luke 23:32-43 NLT

- ▶ **32** Two others, both criminals, were led out to be executed with him. **33** When they came to a place called The Skull,^[e] they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left.
- ▶ **34** Jesus said, "Father, forgive them, for they don't know what they are doing."^[f] And the soldiers gambled for his clothes by throwing dice.^[g]
- ▶ **39** One of the criminals hanging beside him scoffed, "So you're the Messiah, are you? Prove it by saving yourself—and us, too, while you're at it!"
- ▶ **40** But the other criminal protested, "Don't you fear God even when you have been sentenced to die?⁴¹ We deserve to die for our crimes, but this man hasn't done anything wrong." **42** Then he said, "Jesus, remember me when you come into your Kingdom."
- ▶ **43** And Jesus replied, "I assure you, today you will be with me in paradise."

Worship Interest Meeting

- ▶ **Today after lunch. Around 4 pm.**
- ▶ **For more info talk to Pastor Martin**

Hanging on to

UNFORGIVENESS

is like staying in an
abusive relationship...

**IT WILL SLAP YOU AROUND ALL DAY,
LEAVE YOU BRUISED AND BLEEDING,
ISOLATE YOU FROM OTHERS,
AND CONTROL YOUR LIFE...
AND YET YOU STICK AROUND FOR MORE.**