



9.14.2018

FORGIVENESS

An Encounter With Mercy

A popular view in society is that Forgiveness is weakness. For most Americans, Christ's message of forgiveness is difficult to comprehend. It's sourced deeply within a walk with Jesus Christ and the Holy Spirit, which is grounded in compassionate, unyielding faith in God.

To **forgive** is to
set a prisoner
FREE AND
discover that the
prisoner was you.

Forgiveness by nature is both Powerful and Passionate. Even the slightest pardon, reprieve, clemency, absolution, exoneration and mercy have a fundamental force, might and intensity associated with the act.

Forgiveness by definition provides peace to both the offender as well as the offended. It is the very heart of God's Gift of Love in our world. Consider the following:

- **God knows our sins, but calls us by our name.**
- **The Devil knows our name, but calls us by our sins.**

God recognizes that we are not the sum of our sins, weaknesses and iniquities, but judges us by the entirety of our lives. This includes our experiences, hopes, dreams and most of all, our willingness to live and walk our lives in Love.

*Forgiveness does
not change the
past, but it does
enlarge the
future.*

Forgiveness does not change the past, but it does make the future more agreeable. After all, the hurt and pain is real. But it is what we do with that hurt that is important. Recognize that one's distress is coming not from what happened, but from the thoughts that we have about what happened. Our thoughts are within our control.

It is important to put energy into looking for ways to achieve happiness, instead of wasting energy by continuously reliving the negative experiences in our minds.

Forgiveness makes you stronger.

Each of our various relationships and interactions, with others in all walks of life and with all you come into contact with; has a special message that is to be delivered. You are the Messenger. You have a unique Mission Statement. The core of that Mission Statement is Forgiveness.

What happens to our lives when we make a shift in our attitude and admit that Jesus is our Savior and invite Him into our heart of hearts? Let us listen attentively to the wisdom found in Holy Scripture, our Catechism and in Modern Comment.

The Weak can never forgive.
Forgiveness is the attribute
of the Strong!
Mahatma Gandhi

Questions for Discussion:

1. Do you believe that God is as Merciful to us as He is portrayed in the film?

2. How do you extend Mercy to others? Does this reflect how God extends Mercy to you? Explain.

3. Is there a person in your life that you need to forgive? Any idea about how to do it? What would you do differently in the future with regards to forgiveness?

Nine-Step Forgiveness Exercise

1. Make a list of all the people you feel have wronged you in some way; write down what each one did and why it's not OK.
2. Acknowledge that those things did happen, and that they did hurt you.
3. State out loud that you forgive this person(s) for the wrong that have committed.
4. Recognize that your distress is coming not from what happened, but from the thoughts that you have about what happened. The event is in the past. Your thoughts are within your control.
5. When you feel yourself getting upset over what happened, practice stress reduction techniques to calm your body's fight or flight response. Losing oneself in Prayer is the best way to do this.
6. Another thing you can try when you start getting upset about a past experience is to ask yourself, "What am I thankful for?" Ask this repeatedly until you feel better.
7. Put your energy into looking for ways to moving on, instead of wasting your energy by continuously reliving the negative experiences in your mind.
8. Know that the best revenge is a life well lived. Forgiveness is about taking back your power.
9. Amend your grievance story to include how you moved on.



Men's Group Calendar

A Man who never quits is Never Defeated.

9/28/2019	Leadership Meeting	8 AM Sacred Heart Library
10/12/2019	Men's Group	7 AM Mass
10/26/2019	Leadership Meeting	8 AM Sacred Heart Library
11/9/2019	Men's Group	7 AM Mass

ACTION PLAN

This week I will do my best to listen to God's will in my life by:

- Creating a daily prayer practice.
- Seeking God in prayer and being quiet in His presence.
- Paying more attention to God's Blessings in my life.
- Asking Jesus for help in becoming a better servant.
- Practice Forgiving others.



Lord, God and Savior, by your love you draw me to yourself. Forgive me – the sinner that I am, and fill me with every good thing, not withholding even the gift of your most beloved son. Come dwell in my heart.

Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgave.

Thank you for your tender mercies. I ask you to bless my family, friends and those who I meet in my comings and goings. Where there is joy, give them continued joy. Where there is pain or sorrow, give them your peace and mercy. Where there is self-doubt, release in them a renewed confidence. Fill their every need with your Holy Grace.

You are indeed my Lord, God and Savior. Amen

Remove the pain by forgiving. Allow a place for Jesus to reside in your heart. Put your Faith into Actions.

May God Bless You.
St. Hilary Men's Group

Remember,
You Don'T
Forgive
Someone
For His Or
Her Sake
- You Forgive
Them For
Your Sake.

Dear Jesus, let me become a more Forgiving Man – toward others and my self—so that I may experience healing, peace, and renewal, and be a Blessing to others. Amen.