

I AM CENTERED IN THE LOVE AND
FORGIVENESS OF CHRIST.

Forgive,
Forget

Carrying resentments and holding grudges can be a heavy burden, one that takes all our energy. How much better we feel when we release feelings of hurt and misunderstanding and focus on the good qualities in ourselves and others. As we center ourselves in the love and forgiveness of Christ, we are able to release and to forget everything that would keep us in an unhappy state of mind.

Let us take a few moments now to turn to the love of Christ within us. As we open our minds and hearts to this love, we realize the value of forgiveness on every level and its importance to our soul growth. We can forgive and forget, no matter what has gone before, for the love of Christ within us heals all.

*"You will be secure, and will not fear.
You will forget your misery;
you will remember it as waters that have
passed away.
And your life will be brighter than the noonday."
—Job 11:15-17*

I FORGIVE AND I AM AT PEACE IN MY MIND
AND BODY.

I Forgive

I take time now to release and let go every thought and feeling of unforgiveness. I joyously and gladly exercise my ability to forgive people who I feel have hurt, slighted, or disappointed me.

My ability to forgive is a God-given power that enables me to wipe the slate clean, to clear my mind of the debris accumulated in daily living.

God's forgiving, healing love is now flowing freely in me as I forgive myself and through me as I forgive others. I do not hold any thought of unforgiveness. Few experiences are as cleansing and rewarding as those that result from giving full and complete forgiveness. I know that the state of my mind is vital to my health and wholeness. I think thoughts that are constructive and uplifting. I release, I forgive, and I am at peace in mind and body.

*For thou, O Lord, art good and forgiving,
abounding in steadfast love to all who call on thee.
—Psalms 86:5*

I FORGIVE AS I LET GO OF THE PAST AND OPEN
THE DOOR TO A NEW LIFE.

Forgive

In forgiving, I close the door to past hurts and disappointments and open the way to fresh, new experiences.

Through the use of God's strength and love within, I can rid myself of any burden of guilt from the past and start life anew. I am no longer trapped in a cycle of reliving the details and pain of past experiences and relationships. Through forgiveness of myself and others, I have opened the door to a new, fulfilling life.

Every night before I go to sleep, I let my thoughts gently travel back through the day, recalling people and events. I forgive myself, releasing any guilt I may have. I forgive others, seeing only the Christ in them. I feel at peace with myself and all others.

Forgiveness is the key that releases energy and enthusiasm from within and gives me the courage and reassurance to move onward in life to accomplish new goals.

"Therefore I tell you, her sins, which are many, are forgiven."—Luke 7:47

I FORGIVE FREELY, FULLY, AND GLADLY, EVEN
AS JESUS CHRIST FORGAVE.

Forgive

When Jesus said that we should forgive one another "seventy times seven," He was not asking us to keep score. He was encouraging us to be patient with others and be willing to forgive them as often as necessary.

Jesus knew that there is a cleansing power in forgiving. We can be willing to forgive freely, fully, and gladly, even as Jesus Christ forgave.

When we forgive those who we feel have wronged us, we cleanse our minds and hearts of all thoughts and feelings of ill will. We clear the way for God's love to enter into every situation to do its freeing, healing, cleansing work. God continually pours love and peace out to us. As the peace of God fills us, all regrets are released and in their place a quiet assurance and a joyous realization of Truth are established.

"Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy times seven."—Matt. 18:21-22

I give up unproductive thinking and affirm forgiveness.

I FORGIVE, AND I AM FORGIVEN.

Forgive

Forgiveness is something we all agree with in theory, yet find difficult to express when our feelings are hurt. The human self of us may feel justified in being angry; however, we can all recall the wonderful feeling of release that flooded our souls when we rose above hurt and allowed the love of God to wash away feelings of unforgiveness. We felt clean, renewed, and at peace.

Charles Fillmore, co-founder of Unity, suggested that we set aside some time each night before going to sleep to recall and consciously forgive each person who might have spurred anger or resentment in us. Such a practice is overwhelmingly positive, for it prevents daily irritations from building to unmanageable states. Let us follow this suggestion and make forgiveness a consistent daily practice. Let us enter each day with a clean slate, ready to reap our blessings.

"Forgive, and you will be forgiven."—Luke 6:37

Today I receive and share the gift of forgiveness.

IN BLESSING AND FORGIVING OTHERS, I OPEN THE WAY FOR FORGIVENESS IN MY OWN LIFE.

Blessing and Forgiving

Yesterday has silently slipped away; a new day is unfolding. I resolve to live this day expressing my most loving thoughts, productive abilities, and selfless desires in ways that will make this day wonderfully memorable.

If I am holding to unpleasant memories, I let them go. I release all anxiety about past mistakes. I unburden my mind of all that is negative and undesirable.

Living in a consciousness of prayer, I bless all my experiences and every person whose life touches mine. I forgive every person who I feel may have caused me unhappiness.

In blessing and forgiving others, I open the way for forgiveness in my own life. In releasing concern over the past, I make preparation for the blessings that are ready to find expression in my life and affairs.

"Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven."—Luke 6:37

GOD IN HIS LOVE HAS SET ME FREE FROM PAST MISTAKES, AND I MAKE A NEW BEGINNING.

Forgiveness

We may readily and easily forgive another person for his or her shortcomings, yet we may be unable to forgive ourselves for seeming mistakes. It is important for our peace of mind and well-being to forgive others; it is just as important for us to forgive ourselves.

God understands and loves each one of us, no matter what we have or have not done. If we have been condemning ourselves, let us stop right now and open our hearts and minds to the forgiving love of God. God's love wipes away condemnation about mistakes just as light dissipates darkness. God's love helps us to begin anew.

What a blessed relief and release it is to know that God loves us and accepts us. We do not revert in thought to the past when we give the substance of our thought to making a new beginning. Let us look to God's Spirit within to lead us on right and happy paths of living.

"Your guilt is taken away, and your sin forgiven."—Isa. 6:7

THE SPIRIT OF CHRIST IN ME FORGIVES FREELY AND COMPLETELY.

Forgive

My prayer today is for a loving, forgiving heart as I remember Jesus' words from the cross: "Father, forgive them; for they know not what they do." I, too, want to reach a point in my understanding where I know that when people do things that apparently harm and hurt others, it is because "they know not what they do."

I remind myself that the Spirit of Christ in me does not take offense. The Spirit of Christ in me is loving, forgiving, and understanding. As I meet with others, I am directed by God's love and wisdom to see their actions in a different light. I have compassion for all. I hold no resentment and no bitterness, only love for all people.

From this day forth, I claim my divine inheritance of a loving, forgiving heart. Divine love pours through me and a deep understanding fills my heart.

And Jesus said, "Father, forgive them; for they know not what they do."—Luke 23:34