## IMOIL MIND SEE

The next time you're doing a lesson on bitterness and forgiveness, bake a

batch of cookies. But leave out the sugar. Use some unsweetened baker's chocolate—and some extra salt, to help

the cookies set. Hand them out and have everyone taste them at the same time. It's a powerful illustration of how we "taste" when we refuse to forgive and let resentment build up in our lives.