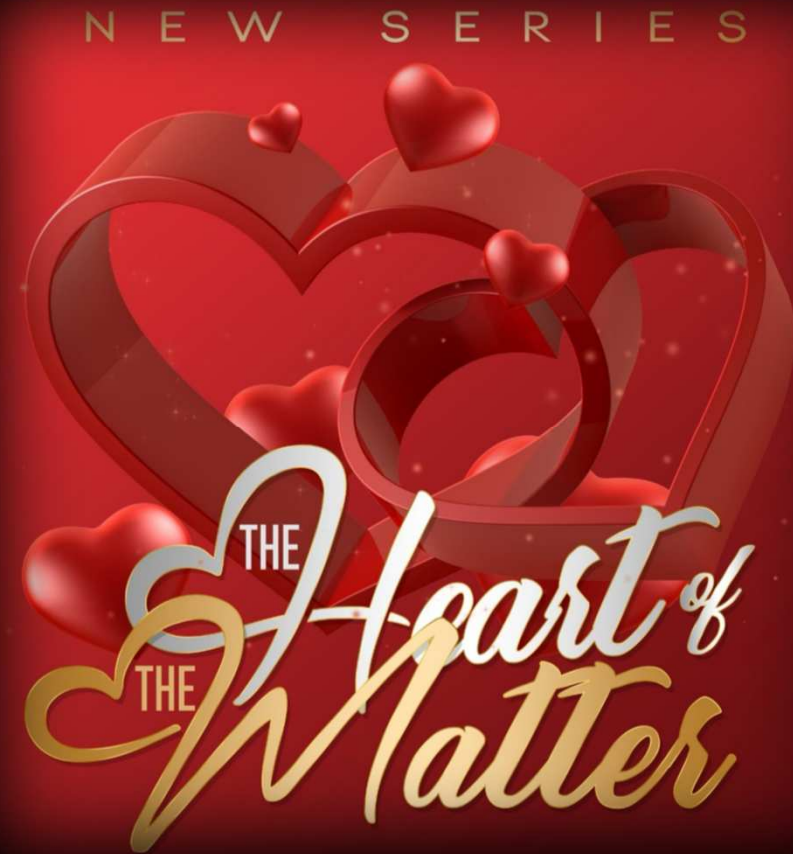



Thanks, Gratitude,  
Appreciations, Prayer



# Scripture:

(KJV)



**KEEP THY HEART WITH ALL  
DILIGENCE;  
FOR OUT OF IT ARE THE  
ISSUES OF LIFE.**  
Proverbs 4:23

Keep thy heart with all diligence;  
or out of it are the issues of life.

Proverbs 4:23

Thought for Today:  
*Spiritual Beings Having a  
Human Experience*  
Part Three ~  
*Guarding Our Hearts  
With Forgiveness*



## To help prevent heart disease, you can:

- Eat healthy.
- Get active.
- Get sleep/rest body.
- Stay at a healthy weight.
- Quit smoking and avoid second hand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol only in moderation.
- Manage stress.



**How we may  
become  
1%  
More Spiritual.**





Grace  
Mercy  
and Peace

from God the Father and Christ Jesus our Lord

2 Timothy 1:2


Grace and Mercy are for giving.  
Grace and Mercy *are*  
**FORGIVING**

Then Peter came up and said to him,  
“Lord, how often will 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.”

Matthew 18:21





*Above all else,  
watch over your heart;  
diligently guard it  
because from a sincere  
and pure heart come the good  
and noble things of life.*

*Proverbs 4: 23*

**FORGIVENESS DOESN'T  
EXCUSE THEIR BEHAVIOR.**

**FORGIVENESS PREVENTS  
THEIR BEHAVIOR FROM  
DESTROYING YOUR HEART.**

**#BEYONDORDINARY**





We ask for forgiveness.  
And we forgive others who  
ask us. In that way we can  
experience healing,  
healing in our souls.

---

ED DOBSONS

## ~ The Forgiveness Detox ~

Use your personal journal or note book and write:  
70 items of which you choose to forgive, for 7 days.

For these 7 days write: people, places,  
things for which you choose to forgive.

You may also choose to forgive unhealthy or  
unproductive “thoughts,” behaviors, or beliefs.

Forgive “things” alphabetically...



## ~ Forgiveness Replenishment ~

Use your personal journal or note book and write:  
70 items of which you choose to give TAG (Thanksgiving  
Appreciation Gratitude) for 7 days.

For these 7 days write: people, places,  
things for which you choose to TAG.

You may also choose to TAG “thoughts,” behaviors, or beliefs.  
TAG “things” alphabetically...



## ~ The Forgiveness Critical Reflection/Intention Release ~

For 7 days, when you awaken and/or before you go to sleep (kneeling, sitting or lying down as is best for your lifestyle)

sit quietly inhale and hold the breath to the count of 4.

Release/exhale the breath out to the count of 5 or 6.

Breathe deeply and gently for 10 minutes or more.

While breathing and relaxing pray *The Lord's Prayer*.

Say or think your favorite prayer, scripture, affirmations, mantras.

Continue to breathe deeply and release

(all defined negative thoughts, beliefs, regrets).

Set your alarm or timer for 10 minutes or more.

Breathe. Relax. Forgive. Release. Breathe.



*Forgiveness Prayer for Couples and Others:*

**“I love you.**

**I thank God for you.**

**I apologize.**

**Please forgive me**

**for all the things that I did  
to hurt, disappoint, or anger you.**

**Thank you.**

**I love you! ”**





Spiritual Beings having a human experience:  
Our Baptism, washes and cleanses, purges and perfects,  
renews and restores, heals and completes us.

The Waters empower us to forgive ourselves, others and situations.  
Divine Spirit empowers us to guard our hearts through forgiveness.



May we be kind to one another,  
tenderhearted, forgiving one another,  
as God in Christ forgives us.

Ephesians 4:32