



**BS 11 6 2014 FORGIVENESS & MAKING PEACE
BY BISHOP MANNING**

SCRIPTURE: Bible Study -----Matthew 6 Matthew 6:14-15

14 For if you forgive men when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive men their sins, your Father will not forgive your sins.

#2

Matthew 6:9-15

"This, then, is how you should pray: " 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. 'For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

#3

1 John 1:9

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

#4 MAKING PEACE MATTHEW 5: 9 Matthew 5:9

9 Blessed are the peacemakers, for they will be called sons of God.

Blessed is the peace maker, we should all spend our time building people up, encouraging them, and motivating them to come up higher and achieve great things. Jesus Christ says that when you honor others, you will receive honor. Bless others, and you will be blessed.

If we allow strife and contention into our lives, we block the blessings and favor of Christ. Living at peace doesn't mean you have to agree with everyone all the time; it means you seek to find common ground. It means you don't have to be right all the time. It means you honor and esteem others; living a life of peace takes efforts, it's something we must work at daily.

Here is one idea to get you started, when you begin to feel tensions and strife coming into your conversation, stop for a moment, take a deep breath, and consider the path you are taking. According to 11 Corinthians 10:5, we must hold every thoughts captives, which means we're responsible for what we think and the words we speak. Perhaps we should walk away for a moment, take some time out, and come back later with a cool head. Take a break, whatever it takes, make the decision to be a peacemaker today in Jesus name...

If you can follow these steps, you should not have any problem with Un forgiveness, amen...

Archbishop John Wayne Manning.....



9 Steps

1. Know exactly how you feel about what happened and be able to articulate what about the situation is not OK.
2. Make a commitment to yourself to do what you have to do to feel better. Forgiveness is for you and not for anyone else.
3. Forgiveness does not necessarily mean reconciliation with the person that hurt you, or condoning of their action. What you are after is to find peace. Forgiveness can be defined as the “peace and understanding that come from blaming that which has hurt you less, taking the life experience less personally, and changing your grievance story.”
4. Get the right perspective on what is happening. Recognize that your primary distress is coming from the hurt feelings, thoughts and physical upset you are suffering now, not what offended you or hurt you two minutes – or ten years – ago. Forgiveness helps to heal those hurt feelings.
5. At the moment you feel upset practice a simple stress management technique to soothe your body’s flight or fight response.

6. Give up expecting things from other people, or your life, that they do not choose to give you. Recognize the “unenforceable rules” you have for your health or how you or other people must behave. Remind yourself that you can hope for health, love, peace and prosperity and work hard to get them.

7. Put your energy into looking for another way to get your positive goals met than through the experience that has hurt you. Instead of mentally replaying your hurt seek out new ways to get what you want.

8. Remember that a life well lived is your best revenge. Instead of focusing on your wounded feelings, and thereby giving the person who caused you pain power over you, learn to look for the love, beauty and kindness around you. Forgiveness is about personal power.

9. Amend your grievance story to remind you of the heroic choice to forgive.

ARCHBISHOP MANNING