

OFFENSE: Annoyance or resentment brought about by a perceived insult to or disregard for oneself or one's standards or principles.

**Oxford Languages Dictionary** 



Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.

Viktor Frankl

#### UNFORGIVENESS: Drinking the poison and waiting for the other person to die.



#### "Love your enemies." Matt. 5.44

Love them for being a reflection of what's out of alignment in you. If you are threatened, then you are not connected to Spirit. What inner resource are you lacking, that if possessed instead of insecurity, would enable you to relate to the person as not being a threat? The person is not against you as far as being an obstacle to your good ... because God is your source. The person is mirroring what part of you is not connected to your wholeness. Value the relationship. It's giving you the chance to grow into your wholeness.

Gary Simmons – *I of the Storm* 



Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

Matt. 18.21-22

#### Jesus said...

"Resist not the evil one."

"Let it be done to you as you believe."

"Father, forgive them for they know not what they do."



## My POWERS to forgive... FAITH

With FAITH, I forgive.
This has no power over me.
I see only the infinite power of Spirit working in my life.

#### My POWERS to forgive... WISDOM & UNDERSTANDING

With WISDOM and UNDERSTANDING, I forgive. This has nothing to do with me. Ego only acts from fear and they don't know what they're doing.

# My POWERS to forgive... LOVE

With LOVE, I forgive.
Thank you for showing me the gift in this.
I desire healing for us both and trust we will find the good.

#### My POWERS to forgive... POWER

With POWER, I forgive.
I choose thoughts of freedom and feel grateful that I live in a Universe that is for me.

#### My POWERS to forgive... IMAGINATION

With IMAGINATION, I forgive.

I see life offering me
abundant opportunities for
love, prosperity, and peace.

### My POWERS to forgive... WILL

With WILL, I forgive.

I decide that resentment is not serving me and I choose to set myself free.

#### My POWERS to forgive... STRENGTH

With STRENGTH, I forgive.
No matter how long it takes,
I am strong enough to
keep choosing forgiveness.

# My POWERS to forgive... ORDER

With ORDER, I forgive.
I turn to Divine Mind within and open to the Divine Idea that now manifests for my highest good.

# My POWERS to forgive... ENTHUSIASM

With ENTHUSIASM, I forgive.

I am set free from stagnation
and look forward to the
infinite love, energy, and
abundance that await me.

#### My POWERS to forgive... ELIMINATION

With ELIMINATION, I forgive. I set this person free from my life and my thoughts. I release any habit of bitterness and helplessness and go free to find my good.

# My POWERS to forgive... LIFE

With LIFE, I forgive.
There is no death
in God's Omnipotence.
My good is renewed and I am alive
through the eternal activity of Spirit.





Good is the only power working in my life. I choose to forgive and go free.