



let yourself be...

A 3-DAY DEVOTIONAL



DAY 3: LET YOURSELF BE FORGIVEN

Genesis 3:2-5 NIV

The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

Matthew 7:3 NIV

Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?

Luke 23:34 NIV

“Father, forgive them, for they do not know what they are doing”

We are learning how to be loved. And we continue that journey by learning how to love others. This is hard for many of us. We have had our trust broken by broken people and we are hesitant. We have lost our confidence in love. And in our disorientation many of us feel isolated and alone.

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To enter back into an exchange of love we must learn how to healthily relate to one another and move through inevitable conflict. In the midst of and in the aftermath of every conflict – with yourself, or with another, two paths emerge. It is at this crossroads that you get to choose between heaven and hell – the flow of peace or the grip of anxiety. The connection or disconnection you feel with yourself and others is contingent on which path you choose. Anxiety and peace hang in the balance.

The road signs read like this: **Resentment or Forgiveness.**

Every time you come to this crossroads, and it could be multiple times a day, your human experience hangs in the balance. You can choose unforgiveness, which shows up as self-loathing aimed at your identity and a critical spirit towards another or you can choose to forgive.

You get to choose. What is it that you want?

Paul the Apostle wrote something scientifically insightful when he wrote, “Love holds no record of wrong.” Electrostatics or the science of electricity tells us that as human beings we are an exchange of energy. We literally “hold” negative energy that creates “dis-ease” in the body.

This “dis-ease” began all the way back in the garden. Satan told Eve that if she ate from the tree, she “would be like God, knowing good and evil.” Ever since that day, we have had a compulsion to judge others, to measure their goodness, and weigh their ability to do evil. We do this to soothe ourselves. And trapped in a lie, we ruminate over our resentments as a way of maintaining a false sense of control over another.

The energy is one of exaggeration and judgment: Others are dramatically worse than we are, their offense is large, and our offense is small. What’s happening, of course, is that we are focusing on the spec in the eye of the brother while building a log cabin in our own eye. The risk of someone hurting us again inflates into fear and our capacity to see and make healthy evaluations become impaired.

Jesus understood this. It is why in his greatest moments of agony he spoke these words: “Father, forgive them, for they do not know what they are doing”

In forgiving, Jesus was setting himself free from the power of someone else’s violation. He was modeling for us how to let go of the darkness and step into the light.

Are you ready to receive the forgiveness Christ is offering you?

Are you ready to forgive someone else?

Are you ready to forgive some political or religious figure or system?

Perhaps sometime today you will be faced with a decision to record a mental record of wrong or to immediately release that wrong into an ocean of love. Speak out this blessing over yourself or the one who has hurt you. Take a screenshot and keep it handy as a tool to keep you showing up in the world as a child of God, stained by love and grace.

“I forgive you _____, and I hold no record of wrong.

Your actions have come into my life as my teacher.

I bless you _____.

May you live according to the nature of God which is your new identity. I pray that the light of God will shine through you today, tomorrow, and forever.

Focus on what you can do, not on what you can't. You may have one or two relationships that are really challenging you right now. Okay, is there another relationship that is not? Is there another relationship that is good? Are there other relationships that are life giving? Is there opportunity for new relationships? Start not by looking for the kind, consistent, compassionate friend, but by becoming the kind, consistent, compassionate friend.

You have with you the gaze and pleasure of the Divine. Surrounded by this goodness, freed from resentment, living into an adventure filled with possibility and opportunity. What an amazing life! Go and live into it, abundantly!