

“The Law of Forgiveness”

Discussion/Study Material for the podcast from Sunday 10/23/2016

From Edwene Gaine's Book *The Four Spiritual Laws of Prosperity*, pages 119-120:

“An unwillingness to forgive is like stabbing ourselves with a knife and expecting the person who did us wrong to feel the pain. Forgiveness is not something we do for the sake of another person. Forgiveness is something we do for ourselves.

Think of forgiveness as emotional housecleaning. It lets us make room for the good we desire. It also lets us go as far as we can on this spiritual journey and receive all the universe has to offer. If we refuse to forgive, we are clinging to self-defeating feelings such as guilt, shame, blame, hurt and resentment, and when we do this, we cannot feel truly worthy of having the best God can give us; we cannot—and will not accept God's gifts.”

Discussion/Study Questions:

1. Why is it important to forgive others?
2. What's the different between forgiving a person and saying that what they did was acceptable?
3. What tools might we use in the process of forgiveness?