

Week 6:

Forgive others

Withholding forgiveness from someone who has hurt you is devastating to your health & your future relationships. By not forgiving, you choose to carry around huge bags of bitterness, rage, and judgement that isn't yours to give. It's time to be free, making room in your heart for love, peace, & joy. Ask God to reveal names of those you need to forgive.

Remember: If you are feeling negative about this challenge, you will probably have a hard time with it. Change your thought pattern to reflect how completing this challenge will make a positive difference in your life. Write 3 negative words in the space below that come to mind when you think about this challenge. Then write down 3 positive words that describe the possible positive outcome. **Focus on the three positive words throughout the challenge.**

Notes:

negative

positive

BEGINNING OF THE WEEK:

Pray for guidance and discipline—you WILL be tempted to cheat or quit.

Do you believe you can complete this challenge (believing is half the battle!)?.....

What is your biggest hurdle in completing this challenge?.....

END OF WEEK:

How are you doing on this challenge?.....

Were you able to overcome your biggest hurdle?.....

What changes do you need to make in order to make this a permanent lifestyle change?.....

HOW ARE YOU FEELING / WHAT POSITIVE CHANGES HAVE YOU SEEN FROM THIS WEEK'S CHALLENGE?

Physically—.....

Emotionally—.....

Mentally—.....

Spiritually—.....

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