

**What  
you  
hold  
on to  
HOLDS  
YOU!**



**HAVE YOU BEEN WRONGED?  
TREATED UNFAIRLY, SCORNED?  
LIED TO, REJECTED, REPLACED?**

**DO YOU CONTEMPLATE TAKING YOUR OWN LIFE?**

## CULTIVATING A LIFESTYLE OF 'LETTING GO'

Nelson Mandela once said: *"Hatred & resentment is like drinking poison and then waiting for it to kill your enemy."* Constant feelings of sadness, anger, resentment, and despondency all indicate some kind of unforgiveness. Research shows some of the consequences of unforgiveness lead to emotional pain, anger, hate, hurt, resentment, and bitterness, which can result in serious health issues & affect healthy relationships. Forgiveness doesn't mean forgetting or excusing the harm done to you, but it guards your heart & mind and brings inner peace & healing that surpasses all understanding. (Phil. 4:7). The Lord Jesus Christ died on the Cross, giving His life-blood for all mankind, so they may be **forgiven** for all their sin. Likewise, **if we forgive others, we are forgiven.** (Matt. 6:12-15). **We cannot change what was done to us, but we can be free from the pain it caused by forgiving those who did it.** Luke 6:37 *"Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven."* Choose **TODAY to FORGIVE** anyone who has caused you pain – ask the **Lord Jesus to help you forgive others,** as He did those who killed Him on the Cross! (Luke 23:34). **Receive His forgiveness in your own heart.**