

Let Me Go Let Go 1 Let It Go Forgive So You Can Be Forgiven

[#letting go](#) [#forgiveness](#) [#emotional freedom](#) [#inner peace](#) [#self-forgiveness](#)

Embrace the liberating journey of letting go and true forgiveness. Discover how releasing past burdens, truly allowing yourself to 'let it go,' is crucial. This act of forgiveness not only liberates you from resentment but also paves the way for you to be forgiven, fostering profound inner peace and emotional freedom.

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We provide you with the full version of Power Of Forgiveness completely free of charge.

Let It Go

Shares uplifting advice about the virtues of forgiveness, offering strategic and biblically based advice on how to achieve peace and personal fulfillment by letting go of past wrongs.

Let It Go

Bishop Jakes, the "New York Times"-bestselling author of "Reposition Yourself," returns with a thorough examination of the power of forgiveness.

Let It Go Workbook

A step-by-step guide to applying the wisdom of the "New York Times"-bestselling book "Let it Go." Jakes, in this practical, easy-to-use workbook, helps process lessons in how to forgive and be forgiven.

Forgive and Let Go!

For young children, learning to forgive—when they've been let down or had their feelings hurt—can take time. Help children develop their forgiveness skills and learn how to accept an apology and move on without holding grudges. At the same time, encourage children to let go of disappointment and to accept when things don't go the way they hope. Back matter includes advice for teaching forgiveness at home, at school, and in childcare. Being the Best Me!® Series From the author of the popular Learning to Get Along® books comes a one-of-a-kind character-development series. Each of the first six books in the Being the Best Me! series helps children learn, understand, and develop attitudes and positive character traits that strengthen self-confidence and a sense of purpose. Each book focuses on a specific attitude or character trait—optimism, self-esteem, assertiveness, resilience, integrity, and forgiveness. Also included are discussion questions, games, activities, and additional information for adults. Filled with diversity, these social story books will be welcome in school, home, and childcare settings.

Forgiving Others, Forgiving Me

Being a millennial today is all about the search for identity, purpose, community, and authenticity. But how does a young adult find any of those things when she's mired in the pain of her past? Renee Fisher, author of *Not Another Dating Book* and *Faithbook of Jesus*, says young adults don't have to stay stuck. In her new book, *Forgiving Others, Forgiving Me*, Renee shows readers how to let go of the pain and unforgiveness of the past accept God's forgiveness and learn to forgive others in turn move forward and embrace new dreams for the future By exploring the truths of Scripture and sharing her own extraordinary story of healing and repentance, Renee Fisher shows others in her generation how they too can be set free.

Can You Let Go of a Grudge?

In this guide through the issues that prevent us from forgiving, Frank Desiderio presents a five-step process that will help the reader to let go of a grudge and, if it's the right thing to do, be reconciled.

Keep Watch at the Door of my Lips

Throughout her life, God has shown Brandy R. Francis just how powerful words can be—for good or for bad. Why? In Genesis 1, God used words to speak all of creation into existence. Furthermore, He created human beings in His image and likeness. That means God delegated the authority of the spoken word to humanity so that we could rule and reign. Just as He declared things into existence, we declare things into existence through the words we speak. We have the power to manifest the world we want to see around us. In each chapter of *Keep Watch at the Door of my Lips*, Brandy will share stories from her life about times when she discovered the power and authority of words. She will match those stories with teaching from Scripture and provide a guided prayer so that you can better understand the authority God has given you on the earth and begin to be more mindful of the words you speak over yourself, your family, and those around you.

Forgiveness

Learn to Forgive, to Break from Bitterness, and to Remove Resentment I forgive you. These three little words are so simple, so complex, and yet so powerful! Forgiveness gives us permission to let go of recent irritation, bitterness, longheld grudges from minor offenses, and festering hurts that keep us up at night. Relationships filled with resentment and bitterness ultimately perish. Relationships filled with forgiveness ultimately prevail. Learn how you can be an expression of God's grace by forgiving others and find the freedom He intended you to have. June Hunt starts this minibook with a definitions section where she explains each word associated with forgiveness. Learn all forms of forgiveness and the difference between forgiveness and reconciliation. Also included in the definitions section are Biblical examples where Jesus forgave sinners and how we can follow his example. Forgiveness isn't based on a feeling, but rather on the fact that God calls us to forgive. The last section titled, *Steps to Solution*, gives you practical advice on how to have a heart of forgiveness with: 4 stages of forgiveness Forgiveness vs. reconciliation Honesty required for reconciliation A sample prayer to forgive your offender 7 ways to sustain a forgiving heart Forgiveness will shed light on the characteristics of an unforgiving heart and the high cost of unforgiveness versus the high reward of forgiveness. Read the captivating story of how Corrie Ten Boom, a woman who survived a Nazi concentration camp, forgave one of her prison guards. Losing her father and sister to that same concentration camp made forgiving this man very hard, for it was only by the grace of God that helped her choose to forgive rather than to be entrapped in bitterness. Look for more titles in the *Hope for the Heart* series. These minibooks are for people who seek freedom from codependency, anger, conflict, verbal and emotional abuse, depression, or other problems.

Being Self Reliant

Why is forgiveness so hard? People who refuse to forgive often sabotage their future and create an emotional cancer that spreads into every other aspect of their lives. Even those who genuinely desire to forgive often struggle to get beyond their wounded emotions. In *Forgive, Let Go, and Live*, Deborah Pegues provides specific guidelines to help us better understand what forgiveness is and what it's not how to overcome seemingly unforgivable hurts when to restore, redefine, or release a hurtful relationship how it's possible to forgive without forgetting why learning how to forgive is a process Pegues showcases the triumphs of famous and everyday people as well as biblical characters who decided to pursue forgiveness and also the tragedies of those who chose to wallow in anger and revenge. If you've been wounded by another, this book will empower you to find joy, freedom, and peace

as you let go of your desire to avenge the wrong and make a commitment to release the offender from his debt.

Forgive, Let Go, and Live

Draws on ancient and modern sources of Jewish wisdom to help identify and hold onto the things that matter most in life while learning to let go of unimportant worries, activities, and conflicts.

Saying No and Letting Go

We know we're supposed to forgive, but we just can't forget. And it's that struggle in our soul that keeps our hurts and hearts from being healed – creating a gap between our pain and the peace we're so desperate for to seem completely unbridgeable. When it comes to forgiveness, we so easily confuse God's love with our own and find ourselves frustrated and confused without a clear understanding of what God is really asking us to do. It's through The Forgiveness Factor that you'll come to clearly understand what God means when He says to 'forgive'. And more than likely, it's not what you think. It's in uncovering the truth about forgiveness, by revealing the lies, that you'll be set free from the burden that forgiveness seems to bring. You'll realize that you're only giving up your hope for a different past ... realizing that wrongs may never be made right, but they can be forgiven.

The Forgiveness Factor (eBook)

Informed by an amalgamation of psychoanalytic and attachment theories, the techniques offered in this book can be employed alongside a variety of therapeutic modalities, such as evidenced-based cognitive-behavioral treatment; social learning, family systems, emotion-focused, Ericksonian, and solution-focused approaches; gestalt, psychodynamic, and narrative therapies; as well as play therapy and the therapies of the creative arts. "Evocative strategies" have been developed for the purpose of engaging children in an emotionally meaningful process. David A. Crenshaw illustrates that in order to create moments of transformation and change in and through the therapy process, we have to learn the language of the heart-where children in their essence live.

Evocative Strategies in Child and Adolescent Psychotherapy

Motherhood is an intense, 'round-the-clock job. To stay healthy and happy, moms need friends, laughter, solitude, balance, and an intimate relationship with the Lord. But exactly how do moms meet these needs while juggling family responsibilities? Mary Byers, the mother of two lively young kids, shares how moms can find small pockets of time to— rest and refuel create personal space make time for friendship, exercise, and intimacy identify and prevent “balance busters” that create chaos creatively stay sane in the midst of mothering The Mother Load offers down-to-earth suggestions, spiritual truths, and real-life advice from moms to help women survive and thrive in today's active families. Includes questions for group discussion and personal reflection.

The Mother Load

The Forgive Process reveals a simple process to forgive the hurts and pains that hold people back. Life is full-contact. There are hurts and joys at every turn. But those hurts, when they are not released, hold people captive. The way through a hurt is forgiveness. Yet many people do not understand forgiveness. The misunderstandings and myths make it even more difficult—unless you have a simple process to work through. With Lee Baucom's principles, forgiving is a simple, six-step process. Anyone can forgive, move forward, and find peace and healing.

The Forgive Process

Do you yearn for more in your life but feel like you're settling for less? Discover the transformative power of feeling good in your inner self, body, and finances with Darcy Holmer's The Personal Power Program: A Woman's Step-by-Step Guide to Thriving in Self, Body & Money. Just as Stephen Covey's The 7 Habits of Highly Effective People provided readers with guiding principles for greater personal effectiveness, The Personal Power Program gives women guiding steps toward greater personal empowerment and fulfillment. In a world where power is typically measured by external influence, Holmer emphasizes the true essence of power: the ability to shape your own life. This power to choose your path and take action to achieve your goals comes from the synergy of well-being in three key areas: Self, Body & Money. Together, they create a powerful force that can transform you and your life. Self:

Have clarity of what you want, enjoy greater inner peace (even when life around you is not so peaceful), navigate self-doubt and other not-enoughness feelings, and align what you do with what you want to achieve your goals. Body: Experience the amazing transformation in how you feel and live when you love exercising because of how it makes you feel and enjoy a peaceful, pleasurable relationship with food (free from diet dramas, no willpower or deprivation required). Money: Identify the financial goals that support your life goals, build your financial well-being, and enjoy the freedom and empowerment of feeling financially secure and having the resources to achieve the fulfilling life experiences you want for yourself and your loved ones. Drawing from her own journey and professional insights, Holmer gives you a practical guide that shows you step by step how to build your Personal Power to create what you want to feel and see in your life. The Personal Power Program is more than just a book; it's a call to action for every woman who isn't willing to settle for less and is ready to take action to start realizing her more.

THE PERSONAL POWER PROGRAM

Walking in Forgiveness is a one-of-a-kind book that teaches you when and how to forgive. By uniquely separating forgiveness into three separate categories, it teaches you when repentance is required and when it's your responsibility to forgive whether or not others repent or tell you they're sorry. As it guides you through the Bible, you will learn to appreciate the rewards of forgiveness and the many benefits that are yours when you forgive. Not only will you become aware of the tactics of the devil and his schemes to deceive you, but you will see how he uses your unforgiveness to cause division, alienation, hopelessness or health issues--both mental and physical--and how he uses your unforgiveness to place you in bondage. Inspired by the Holy Spirit, this book addresses topics such as judging and forgiving trespasses, and tells you precisely what they mean. Because it clearly communicates what the Bible says about forgiveness, you will experience healing and deliverance, and the freedom Christ has for you.

Walking in Forgiveness

- Ties in gems of Truth in the Bible with modern New Age ideas. - Gives practical exercises for developing Spirituality, using RHYMES to ease the process of memorizing. - Gives helpful, specific ideas for feeding the subconscious mind with basic and new information. - Tells how to discover and increase the Spirit of God in you. Doris Says: "I have written this work in a folksy, practical, down-to-earth style, hoping it will trigger a spark in the mind of the average person who has not given much thought to the Mysterious World of Higher Vibrations. It is my hope and desire that this book will appeal to all people, but especially to the younger generation, who today seem to be bewildered, looking for answers to life in "highs" they get from excessive activity and drugs. I also hope to reach ANYONE of ANY AGE who is SKEPTICAL and BURDENED by NEGATIVITY. Here's to your revival "

Casting Light on the Mystery of God in You

BEYOND THE VEIL: INTIMACY WITH GOD is a true account of author Sandra Laborde's year-long journey of being set apart with the Lord. During that year Sandra encountered many rough terrains as she learned how to trust God. Her journey begins as she seeks to know God intimately. While on this journey, God begins to work in the deep recesses of her heart, removing hidden areas of shame, fear, and unforgiveness. As the veils were removed from her heart she became purified spiritually, physically, and emotionally. As she allowed Holy Spirit to cleanse her heart she was able to draw closer to God- but she experienced great pain along the journey. While climbing the mountain of intimacy she discovered the transforming power of the love of God, the Father. During the purification process Sandra's passion for Jesus deeply intensified as she encountered the heart and emotions of God.

Beyond the Veil: Intimacy with God

Tammy explains how Solomon's Garden could potentially put a significant dent in the divorce rate and how men could be set free to truly be the men God intended for them to be! As women take their role as "helpmates" more seriously, they automatically strengthen their husbands in the battles they face. Tammy mentors women how to be "soft as a dove and yet wise as a serpent!" Her insight reveals how it's possible for husbands not to resort looking to this world to fulfill his needs and desires since God created his wife for that delightful job! Learn how pleasurable it can be as she teaches, with unique style, the many different components of Solomon's Garden. Tammy teaches men and women that the amazing entertainment BEFORE foreplay is the key to complete sexual fulfillment and enduring

relationship between husbands and wives! This is not your typical marriage/relationship guide! Tammy Kennedy is the author of Solomon's Garden. She is a Registered Nurse for the state of Texas with an Associate's Degree in Nursing from Tarleton State University in Stephenville, Texas, since 1994. She was nominated by her peers and received the 2007 Outstanding Nurse award in her department. She continues to live in Texas with her husband, Jimmy Kennedy, whom she has been married to for the past sixteen years. They are the parents of seven children and currently have three grandchildren with the fourth due in May, 2008.

Solomon's Garden

Many people in the world today are living their lives with the pain of past events or tragedies they have experienced. No where is this more evident than with the combat veterans. Though their physical injuries can be healed, what they brought home with them in their heart and mind will sometimes never heal. Their war is still as real today as it was then. Unlike the combat veteran, your hurts and wounds may not have come from a foreign battlefield but from your own life experiences. Here, I share with you what I found in Vietnam and how I have learned to be a "Grace Giver." Out of the hurt and the burdens of this life, God wants to give you a brand new lifestyle, the lifestyle of grace. Steve and Kathy Kennard have been married for thirty-two years and currently living in Spring, Texas. Together they have three daughters Leah, Kari and Stephanie and two wonderful grandchildren Aliyah and Aeden.

A Lifestyle of Grace

Burdened. The word alone makes shoulders sink. It slows down our lives. It clouds our vision. It is the heaviness of so many memories, grudges, fears, uncertainty, and stress. Let go. "Come to me, all you who are weary and burdened, and I will give you rest." (Matt 11:28) Let go. Overworked? Overcommitted? Overtired? Underappreciated? Let go! Live free. Sound impossible? Sheila Walsh thought so – until God proved Himself again and again through His Word, His people, and her life. In Let Go, the best-selling author and speaker walks readers through the journey to freedom in Christ. Along the way, she tackles some of the toughest struggles that weigh women down, answering them with overwhelming truth, promise, and hope. You can lay down your burdens. You can rest. You can find peace. You can live free. Start here. Let go. And see what God can do. Includes a study guide.

Let Go

Based on the principles in the bestselling Torn Asunder—a book that has helped thousands of people survive infidelity—this revised and expanded workbook offers five crucial services for hurting couples: Stabilizes the marriage in the initial crisis Provides structure for the emotionally volatile environment Brings closure to the "old" marriage—the marriage prior to the affair Establishes skills necessary for the "new" marriage pattern Answers the questions: How could you do this to me? Why did you do it? The Torn Asunder workbook is built around daily twenty-minute homework exercises, initiated by each spouse on alternating days for ten to fifteen weeks. Working with your spouse might be the last thing you want to do right now, but it's essential to your long-term recovery, whether or not your marriage survives. Healing won't be easy. But the Torn Asunder workbook provides hope, encouragement, and practical advice for the journey. Take the first step today.

Torn Asunder Workbook

Overview This diploma course deals with practical wisdom, showing how mindfulness can become a vital part of daily living. Content - Develop constructive attitudes and become happier and healthier - Incorporate mindfulness meditations into your daily routine - Use mindfulness to overcome stress, anger, anxiety, depression and more Duration 2 months Assessment The assessment will take place on the basis of one assignment at the end of the course. Tell us when you feel ready to take the exam and we'll send you the assignment questions. Study material The study material will be provided in separate files by email / download link.

Diploma in Mindfulness - City of London College of Economics - 2 months - 100% online / self-paced

The story is told of a family that adopted a little boy from a far-away country. He had been raised in an atheist home. One night, his father, in rage and desperation, had killed his mother and siblings right before his eyes. He then turned the gun on himself and committed suicide. The adopting family were Christians and wanted to be very careful about taking the little boy to church. They took him to a

children's class and, as they dropped him off with the teacher, they explained that he had no previous education about God. They asked the teacher to be careful not to embarrass him. In kindness, the teacher decided to talk about Jesus using pictures to help the children understand. As she held up the drawing of Jesus, she asked the class the question, "Who knows who this is?" The little boy, in broken English raised his hand and blurted out, "I know Him. He's the man that was holding me when my father killed my family!"

Letting Go, Living Free!

These sermons attempt in the authors theological point of view try to answer many questions such as: Why do we refer to Jesus as the Good Shepherd? Who according to Corinthians and the Apostle Paul is entitled to take Holy Communion? What does Easter mean to Christians? How do we handle temptation? Why forgiveness is so important, yet so difficult? These Sermons are well researched and provide Biblical references to support the sermons. These Sermons are not meant to replace attending worship but to provide an additional insight to God and his Son Jesus Christ.

Sermons for the Everyday Christian

Maybe it was the sting of remarks from a relative or friend. Maybe a miscarriage ended your hopes for a family. For all of your heartbreaks, maybe you wished there was someone to help you through. For Wilma Derksen, letting go of the 15 misconceptions about grief led her back to hope. In this book she tells how you can do the same. Wilma's world collapsed when her teenage daughter, Candace, was taken hostage and murdered. Wilma now shares her choices to "let go" of heartbreak, which gave her the courage to navigate through the dark waters of sorrow. Like Wilma, maybe your heartbreak forced you to retreat from happy expectations, of believing that life is fair, of finding closure for every circumstance. She encourages patiently: let go of the happy ending, let go of perfect justice, let go of fear, and let go of closure. Wilma's wisdom will help you overcome your broken heart, and her advice will enable you to break free of pain to live a life of true joy.

The Way of Letting Go

Debbie Alsdorf wants women to get a little wild--a new and different wild that will enrich their sense of purpose, establish their faith, and lift their sagging spirits when life gets hard. In *A Different Kind of Wild* she encourages women to take back their lives and begin living how God intended--lives that are bigger and grander than the norm. With passion and contagious enthusiasm, Alsdorf helps women break free of perfectionistic tendencies to live in untamed courageous obedience to God's leading. The book's twelve chapters and discussion questions make it perfect for small group study or for personal spiritual growth and direction.

A Different Kind of Wild

How to reduce stress, anxiety, high blood pressure, and even chronic pain-by refocusing your mind A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness-from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia. Includes self-control techniques (such as body posture, sitting practice and breathing exercises) and routines Includes an audio CD featuring narrated meditations and exercises Introducing you to a new and powerful form of meditation therapy, *Mindfulness For Dummies* outlines how to use it in your everyday life to achieve a new level of self-awareness and self-understanding and reap the long-term rewards of better health. Note: CD files are available to download when buying the eBook version

Investigation of Illegal Or Improper Activities in Connection with 1996 Federal Election Campaigns

The Humble Life will both encourage and instruct believers in practical ways of walking daily in the path of humility so that we can make an eternal impact on those around us. Given the increasingly volatile and uncivil environment which exists in the world today, has there ever been a timelier season for Christians to adopt an attitude of grace-infused, resilient humility? The Humble Life will equip readers to be present in every situation, every challenge, and every difficulty they face by learning how to

abide in Christ even as Christ continues the ongoing work of sanctification within their hearts. This resource will come alongside believers to help them stay faithful to the commands of Christ to love others as ourselves by way of the life-changing spirit of humility. Through the careful study of how Jesus interacted with his disciples, followers, and even enemies, readers will glean the depths of these lessons on humility as it pertains to daily life. Over and over again, Jesus tells stories and parables from which we can learn how to work out our faith in practical ways, in humble ways. Each story will feature a specific passage from one of the four Gospels where Jesus is speaking. Every chapter will focus on Jesus and his mission, his life, his words, and his way of leading his followers through the steps of humble, loving service to others. These snapshots of Jesus' interactions with all who met him will serve as a powerful prompt toward developing the habit of humility our go-to model everyday of our lives.

Arthur's Home Magazine

When life got out of hand, Jenna realized making her own decisions and taking matters into her own hands wasn't working. She realized how important it was reestablishing her relationship with God. She knew it wasn't going to be easy. Through struggles, heartbreak, and raw emotions, Jenna continued to raise her family in the midst of it all. She realized she wasn't alone in the fight. Learning and discovering how to push through the mundane, she discovered her strength and persevered through some of the toughest moments. She started reconnecting with God and uncovering His plan for her life.

Mindfulness For Dummies

Anger. Anxiety. Frustration. Worry. We've all felt the power of these emotions, and lived to regret the speed with which we spoke from, or even acted on them. We know we need to slow down and calm down before that torrent of emotion sweeps us away—but how? What if you could understand those feelings better? Not ignore them or stuff them down, but actually harness their power to improve your relationships? That's the journey Joël Malm will take you on in *Love Slows Down*. Whether you're feeling the constant weight of worry, flashes of fury, or the exhaustion of always being on edge, there is a way to understand what triggers your emotions and put the brakes on. You can slow down and respond with love.

The Oberlin Evangelist

If you've ever felt that it's God's fault when tragedy strikes; if you've ever blamed God at the loss of a loved one; if your philosophy is, "what will be, will be" and you think that you have no control over what happens in your life; you need to read this book! If you are living with guilt thinking God is upset with you and you don't really understand what grace is all about; you need to read this book! If you feel trapped in your circumstances; don't give up. You can live in victory, you can be more than a conqueror, you can see all your needs met, and you can live under the divine protection of Almighty God. You just need the keys to open up the doors of your life; keys that will take you into a freedom you may never have experienced until now. Freedom from fear, poverty, sickness, doubt and guilt can be yours. You just need to read this book! THE REVIEWS ON THIS BOOK ARE OVERWELMING: Dr. Kent Mankins (Pastor of an Assembly of God Church) "Every so often a book comes along that stretches me to strive for more of God's blessings and promises in a Biblically sound approach. Joy Linn's book, *Ten Key to Freedom* is one of those books. Joy's gentle and confident writing style presents God's promises in a manner that is understandable and grounded in the Word. Many Christians do not experience the blessings of being a Child of God and Joy challenges us to take that next step....thanks for the challenge, Joy!" Pastor Sonny Weathers (Associate Pastor, Fountain of Faith Church) "In *10 Keys to Freedom* you have given us a creative and concise introduction regarding the fullness of salvation that serves as a guide for new believers and a refresher for all (of us) in the faith....10 Keys is packed with knowledge of how salvation can be unlocked in order that we may navigate this life with confidence...it is an easy and insightful review of what every Christian ought to conclude about their salvation and I highly recommend it." Professor Karl Hipple "I think this is an essential book for new and older Christians that will lead them through God's plan for life in a clear and concise manner. It is like a strong reference book that is easy to read with Bible references intermixed with the text to emphasize and strengthen the salient points. I like the book very much and will purchase several copies when it is released. Brad Boswell (Real Estate Broker, ABR, CRS, e-PRO GRI) "*10 Keys to Freedom* by Christian author Joy Linn is a beautiful and informative guide for the new Christian and a wonderful inspiration to those who have been lifelong believers in Jesus Christ! Joy's encouraging words of truth have been such a blessing to my family and

me. The perfect book to share with others." Debra Palmer (Registered Nurse) "I started out to review 10 Keys to Freedom; then it became a personal journey for me. This book will bless you! It has blessed me!"

Littell's Living Age

As the title suggests, Breakthrough! The Bible for Young Catholics highlights what happens throughout salvation history between God and humanity. God breaks through and connects with human history, thereby establishing a relationship with humanity. Using the Good News translation, Breakthrough! The Bible for Young Catholics was created for young people leaving childhood and entering adolescence. Its ten special features were created to help make the Bible easier for young people to read and understand. They will learn about the great people of the Bible, and will see how God has been breaking through in human history and connecting with humanity for thousands of years. Most important, they will discover, in the Bible, how God's messages to key people of faith have meaning for life today.

The Humble Life

Forgiveness is letting it go and releasing those who have hurt you different areas either in the past. This book talks to people who find hard to forgive others no matter how big they wronged you. Forgiveness is letting go of all negative emotions and memories by moving on with whatever positives remain. For many days had punished myself, by letting anger rule over me when someone whom I loved so much broke my heart that I felt down, felt with a bitterness that I felt betrayed of love. The guilt of where I went wrong took into me like a living nightmare and my mind conjured them as grotesque bodies under ice. This guy was special to me that I loved him. I learnt about forgiveness although I felt down in order to go ahead in future, I had to let it go. Forgiveness brings liberty to love again, to heal the heart, soul and mind. It is a chance to pick up the broken pieces and begin again in life and breaking those chains of resentment, anger, bitterness. I understand why this person hurt me; I release all negative emotions associated with him and even he apologized to me and I forgave him. I am renewed and we are best friends and face forward to accomplish my dream. How we act toward that person may change if you forgive from your heart, not the mind. It doesn't mean we will put ourselves back into a harmful situation. We have to release them from the wrong they did to us. For if we forgive others our heavenly father will forgive you from all your sins. It sometimes becomes hard to forgive others which lead to depression and finally heart problems. Having that attitude of not forgiving others makes you be filled with hatred, resentment, bitterness, anger. Forgiveness is an act of our own personal will in obedience and submission to God's will, trusting God to bring emotional healing. Many people don't have a peaceful life due to lack of forgiveness, as days go by they hold that grudge in them and go to an extent of preventing those who have hurt them. Love removes anger, love removes resentment, love removes bitterness. Always love those who have done wrong to you, when they ask for forgiveness always have that heart of letting it go and move on. Don't expect to achieve in your career, dreams with too much hate for it only destroy you and cause harm to yourself and not those who hurt you. For how long will you continue to hold a grudge upon someone who hurt you long ago? It's high time you step down and learn to forgive others. I learnt that to hold someone in my heart due to heart will only but pull me back from achieving my dreams. Although how hard it sounds to let go all the heart but I let it go and forgave those who put wound of hurt in me but not all people are perfect and human beings always make mistakes from one point to another. What I went through was not a punishment to me actually to me but was to test my faith and grow more spiritually. Life can be turned around like a roundabout and begin again, pick up pieces that were once broken and move on with life. It's your choice to forgive and move on, you were not meant to stick on that position for a long time. Time is now, take a decision and let it go as I did and found peace in my heart, happy knowing no resent upon people who hurt me and we are in good terms now. What's need of holding grudges to people, let it go...you cannot reach the place you were supposed to be if you hate people. I know it hurts but has to let it go those emotions and focus in your life and not the past. We sin every day and God had compassion on us and gave His only begotten son to die on the cross that we may be saved from all sins. That is love that God had towards us, why don't you show love to those that hurt you. Love covers resentment, love covers hatred, love covers anger. Time is now to let it go and forgive others from your heart.

Redeeming Grace

Prayer is an intimate conversation with God that has the power to shape every aspect of our lives. Lord, Hear My Prayer is organized into short chapters to help readers reflect and deepen their relationship

with Christ. The prayers are offered as a starting point to prayerful communication. Numerous scripture passages and links to the New American Bible are included which assist readers to consider their own prayerful responses to God's generous invitation of a relationship with Him.

Love Slows Down

Ten Keys to Freedom