

Living the Christ-Life: Personal Disciplines - Praying

Matthew 6:5-13 Date: June 21, 2015

You have been hurt by someone.

- You need to forgive them for you.
 - It has been said that holding a grudge is like letting someone live rent-free in your head.
- You need to forgive them for them.
- You need to forgive them for others.
- How do I know if I have forgiven them?
 - “When we strive against all thoughts of revenge; when we will not do our enemies mischief, but wish well to them, grieve at their calamities, pray for them, seek reconciliation with them, and show ourselves ready on all occasions to relieve them.” (Thomas Watson [1620-1686], **Body of Divinity**, p. 581)
 - “We are not bound to trust an enemy; but we are bound to forgive him.” (**Body of Divinity**, p. 581)

You have hurt someone.

- You need to learn to apologize.
- They need to have you apologize.
- Others need to see how to apologize.
 - ***The Five Languages of Apology: How to Find Healing in All Your Relationships*** (Gary Chapman)

Suggested Reading: *A Tramp for the Lord*, Corrie ten Boom; *Through Gates of Splendor* by Elisabeth Elliot; End of the Spear film