



## Letting Go for Your Own Peace

by Ebony P. Taylor

- Have you had a situation that still hurts when someone wronged you?
- What sorts of feelings come up as you reflect on that situation or when that person's face comes to mind?
- Can you relate to longing for an apology from someone who is unwilling to do so?

### Bonus Questions

- Think of safe people in your world who would listen to you instead of making that grudge stronger. Make a call today to get some time with them.
- Scan your history. Does this seem to be a theme in your life? People wronging you and not apologizing? If so, think through all those situations and consider your precious heart.

### Reach UP to God

- Ask God to enter all those circumstances with His healing power.
- Ask Him to pour his grace on you and your heart.
- Pray the prayer that Ebony suggested. Re-read it over and over until you can let the person who wronged you walk "freely in the meadow of your mind." As Ebony says, forgiveness is a process. Be kind to yourself by forgiving others. Your heart and mind will feel better as you let more and more of it go, giving it to God to handle.