



The Focus word for March is LOVE  
Week 14 March 29 - April 4, 2015

In the past few weeks we have focused on John 13:34 and have looked a little closer into not only love, but acceptance and value. Continuing with the same verse for this week, we will also look closer at the word forgive with an additional verse to focus on and a little homework for you to do.

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. John 13:34 (ESV)

As we develop the habit of love, we **must** learn to forgive. That is a big one, huh? Some may immediately say, "nope, I can't/won't" but say this to yourself out loud: I must forgive others the way Jesus forgives me. How does that make you feel?

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." Col 3:13 NLT



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IMPORTANT - Forgiveness **is not**:

- minimizing the seriousness of the offense
- instant restoration of trust
- resuming a relationship without any changes

If you are asking "why should I forgive?" here are a few reasons:

- because God has forgiven us
- because resentment does not work
- because we are all going to need more forgiveness in the future.
- Because it is unhealthy

When you have not forgiven someone, it causes resentment. Whatever you focus on controls you and if you are harboring resentment, it is not only toxic but it is taking up a whole lot of space in your life that could be spent on much more valuable things.

HOMEWORK

Think about doing these things this week and look up the verses noted:

- Relinquish your right to get even. Romans 12:19 (LB)
- Refocus on God's purpose for your life. Luke 6:27-28 (NIV)
- Respond to the evil with good. Romans 12:21 (NIV)