

## Recipe for Forgiveness

By Andrea Rodgers

**F**orget the injury

**O**ffer and accept an apology

**R**eveal your feelings

**G**et over “it” and move on

**I**nvigorate your relationship with Christ

**V**alidate each other’s feelings

**E**liminate negativity and accentuate the positive

**N**ever forget the Lord’s example

**E**mbrace the healing presence of Jesus

**S**cripture: “**I tell you, not seven times, but seven times seventy.**” Matthew 18:24

**S**cripture: “**All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.**” Acts 10:43