TO FORGIVE

- 1. 'Forgive our sins as we forgive,' you taught us, Lord, to pray, but you alone can grant us grace to live the words we say.
- 2. How can your pardon reach and bless the unforgiving heart, that broods on wrongs and will not let old bitterness depart?
- 3. In blazing light your cross reveals the truth we dimly knew: what trivial debts are owed to us, how great our debt to you!
- 4. Lord, cleanse the depths within our souls, and bid resentment cease; then, bound to all in bonds of love, our lives will spread your peace.

I have just realised where I got the idea that we need Jesus help in forgiving but you alone can grant us grace to live the words we say.

From my book Our God Heals page 118

Lord Jesus I <u>need</u> your gift of forgiveness to forgive X with your forgiveness Lord Jesus I <u>need</u> your gift of love to love X with your love.

See note 12 of attachment Forgive New for my Seminar Healing 1

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I would ask you also to listen to the first 40 minutes of **Youtube Mary Healy's** The Means.

I have come across it by accident – she covers much better than me the first few notes of the attachment **Forgive New** for my Seminar Healing 1

A Prayer to protect you

Holy Michael, Archangel, defend us in the day of battle.

Be our safeguard against the wickedness and snares of the devil.

May God rebuke him, we humbly pray; and do you,

O Prince of the heavenly host,

by the power of God

cast into hell Satan and all the wicked spirits

who wander through the world for the ruin of souls. Amen.

A Prayer for healing

Lord of Heaven,
I rest underneath you mighty wings of love.
I dwell within your gentle heart.
I know there is healing in your touch.
Through the sufferings of Christ I can ask for restoration
And trust in your goodness.
You are my Lord, my Saviour,
My healer and my friend.
I dwell within your gentle embrace.

Amen.