



# God chose YOU with forgiveness.

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace...  
Ephesians 1:7

## Suicidal thoughts & behavior

In 2019, 47,500 people died by suicide.

That was 1 death every 11 minutes.

## Overwhelming guilt after abortion

Compared to women, men noted feelings of despair much longer after an abortion decision, and they were at greater risk for chronic grief.

In fact, after participating in an abortion decision, men reported negative reactions including:

- 88% felt grief and sadness,
- 82 % expressed guilt, and
- 40% experienced post-abortion syndrome.

## Prison

Incarcerated people were infected with coronavirus at a rate five times higher than the general population.

As of April 2021, more than 661,000 inmates and staff were infected, and 2,990 people died from the virus.

## Facts of Life

## Unforgiveness

The effects of holding a grudge include:

- bitterness and anger brought into new experiences,
- inability to experience joy in the present moment,
- depression or anxiety,
- lack of meaning or purpose,
- conflict with spiritual beliefs, and
- loss of enriching connectedness with others.

# His Word

He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love towards those who fear him; as far as the east is from the west, so far does he remove our transgressions from us.

Psalm 103:10-12

## Our Christian Response

### Seeking Forgiveness from Others

We acknowledge the damage to the relationship when we sin against our neighbor.

Then we quickly seek forgiveness and attempt to reconcile the relationship with the help of God.

### Repentance before God

We actively pay attention and honestly self-reflect to become aware of wrongdoings.

Then pray for a contrite heart, and humbly admit our sins committed against God and our neighbors.

### Offering Forgiveness

Do not wait to feel like forgiving, but quickly forgive one another as God has forgiven you.

Continue to forgive as often as your neighbor seeks forgiveness for sins committed against you, even if it's seventy times seven.

