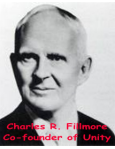


Today's Lesson  
***A Matter of Forgiveness***  
 PowerPoint notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

***A Matter of Forgiveness***

In the matter of forgiveness, Charles Fillmore taught that:

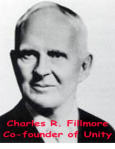


Charles R. Fillmore  
Co-Founder of Unity

1. *Forgiveness is process of giving up the false for the true; renewing the mind and body with thoughts and words of Truth.*
2. *It is through forgiveness that true spiritual healing is accomplished by removing the errors of the mind and bringing the mind in harmony with divine law.*

***A Matter of Forgiveness***


In the matter of forgiveness, Charles Fillmore taught that:



Charles R. Fillmore  
Co-Founder of Unity


3. *The work that must be done by us, and us alone, is to connect with God. This is done by forgiving all for their transgressions against us.*
4. *It is through this work that we are able to cleanse our minds of any error thought that keeps God from us.*

***A Matter of Forgiveness***




Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven. (Matthew 18:21-22)

***A Matter of Forgiveness***



Dr. H. Emilie Cady, the teachers teacher in New Thought said, "To forgive does not simply mean to arrive at a place of indifference to those who do personal injury to us; it means far more than this. To forgive is to give for—to give some actual, definite good in return for evil given."

***A Matter of Forgiveness***  
**CASE IN POINT™**



Author, Carla McClellan shares this story of how Dr. Cady's statement can be realized in her article, [Can We Forgive This?](#)

"Bob," whose wife and two sons were killed by a neighbor who was driving while intoxicated, went to see him in prison after some time had passed. This took a great deal of courage for Bob as he took an action toward forgiveness by being willing to talk to his neighbor.

### *A Matter of Forgiveness*

The neighbor also had to be willing to see Bob and have the courage to talk to him about the horrible accident.

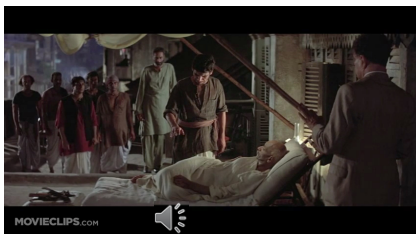
To be able to access this level of courage required Bob to open his heart to the point of being able to answer the question, Will I let the story of this accident define the quality of my life?

Bob asked his neighbor how his son was handling having his dad in prison. Asking this question showed that Bob empathized with the experience the neighbor was going through.

### *A Matter of Forgiveness*

The man said he didn't know because his son was too young to visit. Bob understood what it was like to not have a son in his life and told the man he wanted to help so the neighbor's son would have his father back.

It took a powerful shift in Bob's thinking to get past the hurt, anger, resentment and sadness, but he found a way. By being willing to focus on the neighbor's son, he could begin to release the negative emotions and perhaps create some good from the accident. He could help another man see his son.



In the movie Gandhi there is a scene where he tells a Hindu man that there is a way out of hell for killing a young Muslim boy. The Hindu man must find and raise a young orphaned Muslim boy as his own, only he must raise him as a Muslim.

### *A Matter of Forgiveness*

This type of forgiveness is the kind that all the great spiritual teachers tried to teach humanity. It's not easy to do, but once it is done we are able to connect with our authentic self, the Christ within.

Here are some steps that can help us along the way:

1. Be willing to forgive; we all have the ability to be willing. By being willing, we set an intention to think differently about some hurt.
2. Look at the story of pain, hurt, resentment and suffering and ask yourself: Have you had enough?

### *A Matter of Forgiveness*

3. Be willing to see what this story is really costing you. Does it allow you to move on or does it keep you frozen in the past? Has it affected your quality of life? Are you able to expand your awareness of what is good in your life?

4. Tell the truth—are you willing to let it go completely—the story you tell? Once the drama is let go, what is left is the truth of what did and didn't happen.

### *A Matter of Forgiveness*

5. Set an intention to write a new story of promise, hope, and peace. There are lessons to learn within every tragedy and blessings beyond our story.

As someone once said, *"To forgive is to set a prisoner free and to realize that prisoner is you."*

## *A Matter of Forgiveness*



As the Daily Word for today states: *I can create a new today. I turn within to pray, and I connect with the Christ of my being—the inner light that guides me. I am ready to forgive, ready to release what was or could have been, and accept what is.*