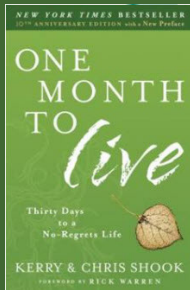


# ROSES *and* THORNS BOOK CLUB



Make It Last For Life

## DAY 10: *Ocean* EXPLORING THE DEPTHS OF FORGIVENESS

Make a list of the people you need to forgive. Write down the offense - what they did to hurt you - next to each name. Now make a list of all the people from whom you need to ask forgiveness. Next to their names briefly describe how you hurt them. Finally spend time in confession to God. Ask for the power of Christ to wash over you, bathing you in His forgiveness that will enable you to forgive others.

Write God a letter and unload on Him. Tell Him all the things you're angry about, all the things you're harboring against Him and wondering about. Be honest, and trust that He can handle anything - everything - you throw at Him, no matter how dark, desperate, or doubtful you may be. Then ask Him to heal your heart as you tear up the letter.

Choose a beautiful photograph, seashell, or other memento that represents the ocean. Place it in a prominent place as a reminder to ask God for His forgiveness and to forgive those around you daily.