

Growing through...Injustice and Forgiveness  
March 16, 2014

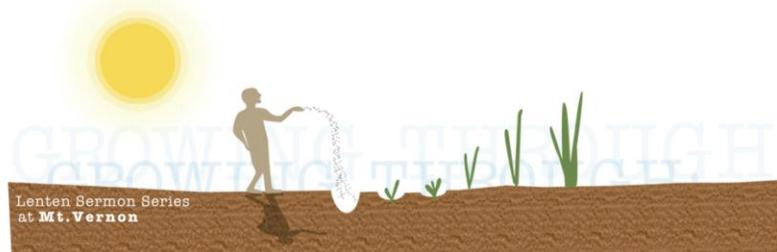
[**Lent is** the opportunity to prepare for the joy of Easter... growing through reflection, repentance, reconciliation, and renewal]

← **Reflect:** As you think of injustices in your own life, what especially comes to mind? What injustice strikes at your emotions? How did you respond? Where are you today?

↓ **Repent:** In prayer, ask God if there is anything about your response that needs confession? Is there any forgiveness to offer? (You may also want to ask God if you committed an injustice against another that invites action.)

↑ **Reconcile:** Do you join Jesus in extending forgiveness to the one(s) who wronged you? (Or, maybe to the one who wronged a loved one?) Are there any of the “7 Steps of Forgiveness” the Lord is leading you to take?

⇒ **Renew:** Ask Jesus to heal your emotions (and those of loved ones who were wronged). Reflect on Jesus’ invitation and promise expressed in Matthew 11:28-30.



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