

# The Nightmare Before Forgiveness

A Saturday Serenity Retreat

**Forgiveness sets us free from the nightmare of betrayal, anger and resentment. It allows us to take back our personal power from those who have hurt us, and provides us with peace.**



Jesus Christ redeemed us through His great love and forgiveness. Forgiveness is central to His Great Commandment of Love. Love your God, love your neighbor, love yourself-- even love your enemy-- "as I have loved you." Yet, many of us reject this teaching of Jesus on a daily basis. We refuse to forgive others who have abused or hurt us, and we may even refuse to forgive ourselves for past mistakes.

When we refuse to forgive we give away our power. We allow those who hurt us to have complete power over our feelings; continually hurting us forever. We can't be happy because we are holding on to past pain, refusing to relinquish it. Our hearts smolder and burn with a feverish anger. We are trapped in prisons of self-imposed misery. We become perpetual victims of the past., and we deny ourselves the ability to heal and move forward in life.

When we are trapped by unforgiving hearts, we are out of right relationship with ourselves, others and God. After all, we can't expect others or God to forgive us for our sins if we aren't willing to forgive.

Redemption begins in our hearts. It requires forgiveness and reconciliation. If you are suffering from an unforgiving heart, this retreat will help set your heart free!



Call 520-744-3400 for Reservations.

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