

# APOLOGY.

The gateway to forgiveness usually starts with an apology. And forgiveness is the foundation to living a healthy life.

This download will guide you to the apology you may need to give to someone or yourself. Together let's create a path to forgiveness + healing to break chains that could be holding us back.

*Apology-a regretful acknowledgment of an offense or failure.*

You want to get to healing, but it's a journey. The healing process begins with forgiveness. It is a mission statement of sorts with the intent to let go of a situation or circumstances and move forward.

*"Forgiveness is self-love" Wayne Dyer*

The gateway to forgiveness usually starts with an apology. The thing about an apology is it may not come. You may never get an apology from someone that hurt you, but forgive with no expectation anyway.

*"Father, forgive them, for they do not know what they are doing." Luke 23:34 NIV*

*"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

*Ephesians 4:32*

*Time won't heal what you don't reveal.*

## **HEALING**

Healing takes time + if left unaddressed or the lack of attention to a situation or circumstance is present, life will force you to address it. It's all a part of the journey, the step necessary to get you where you need to go. It may hurt, but all-in-all it is for your good. It doesn't mean that it won't still affect you or that you return to normal right away.

Reveal what has hurt you, offended or held you back, forgive + let God heal your brokenness.

## HOW TO PICK UP THE PIECES

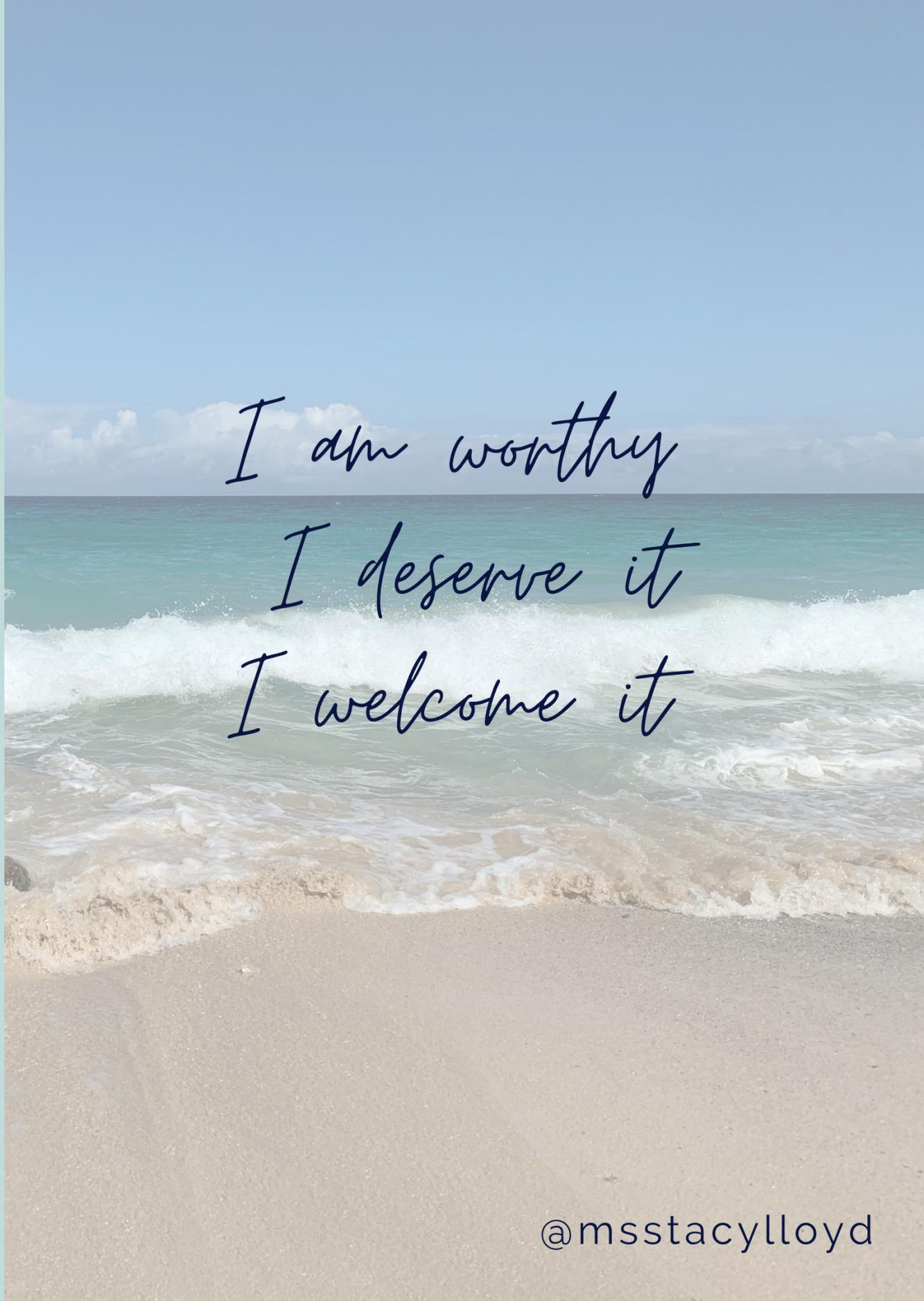
1. Process. Analyze the circumstance and deal with it head on. Allow yourself the time to process what has happened. You are human, you cannot be strong all of the time. Allow God to guide you.
2. Forgive. Forgive quickly, it's for you. As you move forward dealing and healing, know that complete healing doesn't happen overnight.
3. Be Open. Keep an open heart, don't shell up in fear of “It happening again” have faith that you'll be just fine.
4. Move On. Go forward and don't live in your past. Don't die with your trauma, don't become a victim. Taking on the role of victim will hold you back from enjoying life + truly living freely.
5. Celebrate. It isn't easy getting past the rough moments in life but when you do celebrate the victory. Rejoice about being a survivor and anticipate the life you have ahead.

## GIVE YOURSELF THE GRACE + SPACE TO HEAL

Give yourself grace. We oftentimes give people the benefit of the doubt and grace that we don't even afford ourselves. Do away with self-fault finding, that inner voice should be recognized but not entertained.

Be kind and gentle with yourself especially in this season. And know that above all God's grace is sufficient.

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*I am worthy  
I deserve it  
I welcome it*

@msstacylloyd

# REMINDE YOURSELF IT'S NOT PERSONAL

## FEEL THE MOMENT

You are human it's ok to feel the moment just don't stay there let it pass through

## THANK GOD

Be grateful for what this moment is teaching

## FORGIVE

Declare that they are forgiven (for every offense) quickly.

## DROP IT

Get rid of something that is no longer serving you at the end of the day

## LET GOD BE GOD

Allow Him to handle the offender and offensive situations