

-3-

Additional Resources: Women of Grace Journal - Issue 12: Forgiveness
http://www.womenofgrace.com/en-us/library/default.aspx#s_32_3

Next Morning of Grace:
Share it with a Friend!

Save the Date! Women of Grace One Day Conference
Punta Gorda, Fl. Saturday April 14, 2018

Save the Date! Women of Grace Retreat, Malvern, PA.,
July 13-15, 2018. Preceded by the Benedicta Enrichment Seminar, July 12-13, 2018.

Catholic Women Leadership: New Spring online academic programs visit benedicta.womenofgrace.com for details.

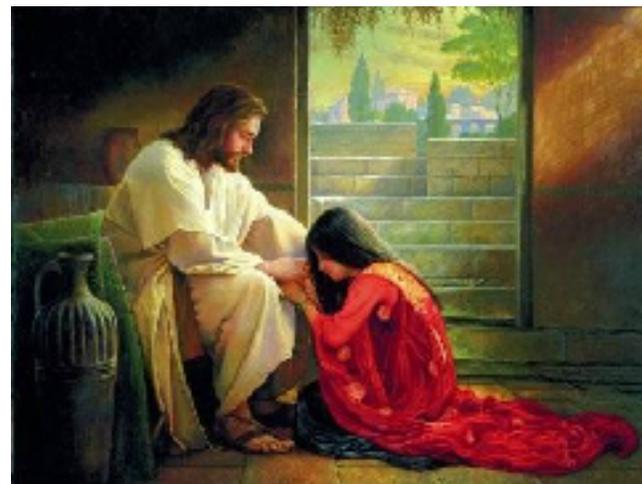
Become a Women of Grace Exclusive Member (for less than a cup of coffee a week) to help sustain our mission to “transform the world.” Visit www.womenofgrace.com for details. You save 20% on your individual purchases and gain access to the entire media library!

Support Women of Grace/Living His Life Abundantly when you shop at **Amazon Smile**. Amazon will make a donation (**every time you shop**) to support our mission to “transform the world.”
<https://smile.amazon.com/ch/59-3581170>



www.womenofgrace.com
1-800-558-5452

Morning of Grace™



Theme:

Forgiveness is essential to spiritual and inner healing.

Grace:

I pray for the grace to ask for forgiveness and to offer it in return.

Opening Song: Women of Grace

We are Women of Grace 'round the throne of the Lord most high. And we lift our praise from the depths of our souls hear our cry.

Oh Lamb of God,
It is our one desire
To seek your holy face,
To be Women of Grace

We'll shout with joy from the mountain top,
As we enter your courts with praise;
All that we do Lord, We offer to you, Lord
Oh hear us as we pray

Opening Prayer: 5th Sorrowful Mystery, The Crucifixion. Mary Our Blessed Mother, loves each of God's children as her own. As we reflect on this decade..."create in me a clean heart, O God, and put a new and right spirit within me." Ps.51:12

Teaching: DVD/Video Forgiveness: A proven Way to Healing. 4th Episode of 5, #10570-10574 http://www.womenofgrace.com/en-us/media/tv/default.aspx#s_632_1

Guest Speaker:

Prayer for Ourselves and Our Speaker: Come Holy Spirit, fill the hearts of thy faithful and enkindle in them the fire of thy love. Send forth thy Spirit and they shall be created and Thou shall renew the face of the earth. Amen

Reflection Questions:

1. St. Paul tells us in Ephesians 4:26, "Be angry, but do not sin; do not let the sun go down on your anger." Scientific research proves the wisdom of this passage. The psychological effects of lack of forgiveness and pent-up anger causes real physical problems. To what extent have I seen or experienced this reality? What positive steps can I take today to rid myself of this anger?

2. God has forgiven me of my past, so I have no right to continue to cling to it. To what extent do I cling to my past and my past sins? Why do I have no "right" to cling to them? What are some behaviors, actions or intentions I can implement to begin to let go right now?

Reflection Song: Ave Maria (instrumental)

Group Sharing: Twenty minutes

Announcements: Page 3 of Brochure

Closing Song: Alabaster Box

Closing Prayer: Psalm 51
(see attachment)