

FORGIVENESS ON “THREADS”: MONDAY, 11/4/24 AT 10 AM CST.

Page 164. “Ask God in your morning meditation what you can do for the man who is still sick.”

p. xiii - “... the alcoholic is a very **sick** person.”

p. 64 - “... we have been spiritually **sick**. When the spiritual malady is overcome, we straighten out mentally and physically.”

p. 67 - “Though we did not like their symptoms and the way they disturbed us, they, like ourselves, were **sick** too.”

FORGIVENESS BEGINS WITH SUFFERING.

I remember all the ways people have hurt me:

Dad - Mom - Brother - girlfriends - boyfriends - teachers - bosses - police - neighbors - strangers - former wives and in-laws ... pretty much everyone!!!!

I am angry when people hurt me - disappoint me - embarrass me - cheat me - catch me - punish me - ignore me - expect too much of me - lie to me - don't trust me.

I remember and re-feel my hurt and anger in resentments.

I resent them for hurting me ... I want them to hurt. I want revenge - to “get even”.

I deny my powerlessness over them. My anger and my decision to re-feel, to re-create my anger in resentments, give me the illusion of control over them.

Resentments are understandable ... explainable ... even inevitable.

Yet Resentment is self-will so strong that it blocks me from God's Care.

Resentments are a darkness on my soul that block me from “the Sunlight of the Spirit”.

I live in my own suffering of unsatisfied revenge.

And “they” don't seem to be suffering at all!!!!

So my forgiveness begins in my suffering.

First, the suffering of the negativity of the resentment itself.

Then the *suffering of letting go* of the resentment — *letting go of my illusion of control*.

To let go is to lose something —in this case I am surrendering my illusion of control that my resentments have been giving me all these years.

I cannot, I will not, do this without God's help. See p. 67.

As I abandon myself to God to help me surrender the illusion of my resentments, I experience *grief*. I *grieve* because I feel like I'm losing something—even tho what I am losing is an illusion, it still feels real. To lose something is to *grieve* ... to *grieve* is to suffer ... thus forgiveness always begins in suffering, even while I am angry at having to give up my resentments!

For me to be “free of my bondage of self”, I must let the 12 Steps “work me” to ask God to help me learn how to forgive them so that I can let go of my resentments and learn to enter the world of the Spirit.

I can only escape the dark “bondage of self” of my resentments with forgiveness.