

Today is your birthday & as I hold you in prayer & raise you up to Our Heavenly Father, I know in my heart, that there is only one gift that I can give you. That is the gift of true forgiveness.

It hasn't been an easy task reaching this stage in my journey of healing & at times I really felt like it would never happen. Yes, I know I have said the words before, but they were only words. Now I feel God has given me the grace & mercy to really say I do forgive you.

I have spent the best part of my life being consumed with anger, rage, resentment, shame & guilt. Neither of us know how many years we have left on this earth. For both of us our days are numbered. Surely it is time we let it go & really lived & truly experienced this great gift of life that Our Father in heaven has blessed us with.

I am sure you have really agonised over the wrong you did & like me have asked the question why, many times. Why me, why did it happen, why didn't it stop, why did it go on for so long? I have been haunted by these questions & many time contemplated suicide. Many times it seemed the only solution to get me out of my pain & misery. Always, by the grace of God I have stopped in time.

Now it is time to place all our hurt & pain our shame & guilt at the foot of the cross. Jesus died for each of us to redeem us of our sinfulness. He has forgiven us so now it is time to truly forgive ourselves. Not just to say the words but truly bathe in the knowledge that we are precious to him that he has called us by name & that he will never ever forsake us.