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Even after doing that, you may still need to sit down and talk more with someone: a close friend who's also a good listener, a pastor, or a Christian counselor. Don't wait. Don't try to justify or make excuses for why you don't need to or why you can't. The sooner you face what you've tried to avoid, the sooner you can hear what forgiveness really sounds like.

My prayer is that something you read as we spend some time together will help further you toward finally finding peace and the ability to forgive whoever or whatever has hurt you. I'm praying as I write this that the sound you hear is the sound of relief as you experience, maybe for the first time, what it feels like to truly forgive and let go.

So let's stop listening to the noise and start listening for God's voice. Let's let go of the junk and grab on to his truth. Let's move on to the plans he has for you and refuse to let bitterness or undercurrents of hard feelings get in the way.

Are you ready?