

Enhance your family prayer with  
**FAMILY ROSARY**

# Do We Live Like We're Forgiven?

*Release the holds on your heart*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

# WELCOME TO OUR FAMILY

We all know how hard it is to forgive, but everyone still needs it. Maybe we need to forgive a friend, spouse, neighbor, our children, strangers, or even ourselves.

We need to bring forgiveness into our daily lives, no matter what it's for, to live peacefully and without constant worry. Here are a few tips on how to live like we're forgiven!

## A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of **family prayer**. Now it can be part of your family's tradition so you can fulfill the vision that "The Family That Prays Together Stays Together," the message created by Father Patrick Peyton, C.S.C., so many years ago.



GOD NEEDS PEOPLE WHO BRING HIS FORGIVENESS  
AND HIS MERCY INTO THE WORLD.

POPE FRANCIS



# DO WE LIVE LIKE WE'RE FORGIVEN?



It's easy to live under the cloud of resentment, isn't it? We undergo challenging situations, encounter difficult people, and carry around negative experiences and memories for a long time. We tightly cling to things other people have said or done and let uncharitable feelings build over time.

Sometimes we may not even carry around bitter feelings towards other people, but in regard to ourselves. There have been times where I've held onto resentment for years. Even knowing that God had already forgiven me, even going to Confession and receiving His graces, I still beat myself up over and over again.

We may justify all of this, telling ourselves, "I'm only human, so it's natural that I think and act this way." Friends, we are not called to live like this.

As Pope Francis reminds us in his beautiful apostolic exhortation, *Gaudete et Exsultate*: "*Jesus does not say, "Blessed are those who plot revenge." He calls "blessed" those who forgive and do so "seventy times seven" (Mt 18:22). We need to think of ourselves as an army of the forgiven. All of us have been looked upon with divine compassion" (#82).*

Pope Francis gives us powerful imagery to reflect on: an "army of the forgiven." Do we act like an army of forgiven men and women? When I think of an army, I think of an organized group of people who are working together to achieve one particular goal. I, for one, do not think I reflect this image very well. Oftentimes I feel like I'm floundering around helplessly.

Still, even with my imperfections and stumbling, I'm striving to remember that I am part of an "army of the forgiven" and I'm trying to act like it!

Here are a few things I've found helpful in my journey to living out the forgiveness that God offers us:

## RECEIVING THE SACRAMENT OF CONFESSION

God offers us incredible gifts and healing through this sacrament, and we would do well to frequent the confessional often. Even if we haven't fallen into mortal sin, Confession reconciles us with God and the Church, and strengthens us (CCC #1468-1469). I (and probably those close to me) can always tell when it's been a while since I've been to Confession, since I find myself falling into sin more often. Pick a date on your calendar and go encounter God's love and mercy in Confession.

## THERAPY FOR MENTAL HEALTH

We are both body and soul, but I've often just focused on my soul, keeping my attention on the spiritual life. Lately, though, I've started doing more to care for my body and mind. We may not want to acknowledge it, but a lot of us have psychological baggage that we carry around, and this can hinder us in our mission to live like a forgiven, redeemed people. After dragging my feet a bit, I finally sought out a counselor and had some sessions that have given me a solid course and strategy for improving my mental health. This, in turn, has been helping me to love others — and myself — better.

## REFLECTING ON GOD'S MERCY

In the messages revealed to St. Maria Faustina Kowalska, Jesus describes the incredible wealth of his love and mercy for all of us. The Chaplet of Divine Mercy is a short, powerful prayer that reflects on God's abundant mercy. Several years ago, a friend encouraged me to pray the Chaplet for specific people who I was having challenges with. While this was a challenge at times, I found myself moved to deeper healing and forgiveness. Now, whenever I'm having a particularly difficult time with other people or situations, I try to remember to spend a few minutes praying the Chaplet as I ask God to open my heart to love Him and others more.

God made us for more than bitterness and hurt. He calls us to forgive others. St. Paul states that: *"All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ"* (Ephesians 4:31-32).

Let's heed these words and change our lives. Together, let's be an "army of the forgiven."

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## GOING DEEPER

God is longing to forgive you. Go to Him. Notice His presence in the little ways you actively work to bring peace to yourself. Do you see God's forgiveness in those moments? If your heart is heavy and there are others you love that you're struggling to forgive, take a moment to intentionally pray just for them. It may be difficult, but try to open your heart as you "let go and let God."

## CONTINUE THE JOURNEY

Struggling to forgive or find prayers for those in need of forgiveness? Let us pray with you as you seek guidance, consolation and peace at [FamilyRosary.org](http://FamilyRosary.org).



### ANNEMARIE MILLER

Eagerly seeking new adventures each day, AnneMarie enjoys life in Oklahoma with her husband and little boy. She has a passion for the Faith and particularly loves learning more about the Liturgy, saints, and various devotions. AnneMarie's musings on Catholicism, literature, and motherhood can be found on her blog, Sacrifice of Love.

# BRINGING FAMILIES TOGETHER IN PRAYER

We hope the time you've spent reflecting with this material has been enriching. Remember, we're with you in prayer, every step of the way!

For additional online resources for family prayer including a Prayer Petition Page and our World at Prayer Blog, please visit our website at [www.FamilyRosary.org](http://www.FamilyRosary.org).

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "*The Family That Prays Together Stays Together.*"

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