

Blessings on World Communion Sunday!  
Leia & Pastor Ben Motz



Sunday, October 1, 2023

## Scripture Reading: Exodus 17:1-7

*Forgiveness is the greatest gift you can give yourself. —Maya Angelou*

**F**orgiveness is in the air. Global Forgiveness Day was observed in July. National Day of Forgiveness was September 27 — just a few days ago. And then there's National Forgiveness & Happiness Day observed this coming Saturday, October 7. This day was established by Robert Moyers (also known as Mr. Happy) and the World Forgiveness Alliance.

According to the website, this day is set aside to celebrate “forgiveness and the amount of happiness it can bring to one’s life. While many people hold on to grudges and fantasize about revenge, studies have revealed that the best way to heal is to actually forgive the person who hurt you. And no, forgiving someone does not make you weak. Instead, it contributes to the creation of a much more successful and happy you.”

So, what does Jesus say about forgiveness? Here are a few representative quotations:

“Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.” —Luke 6:37

“Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive.” —Luke 17:4

“When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.” —Mark 11:25

“Forgive us our sins, as we have forgiven those who sin against us.” —Part of *The Lord's Prayer*, Matthew 6:12

Clearly, Jesus was a strong proponent of forgiveness, and you might recall that even during his brutal execution on a Roman cross, he said, “Father, forgive them, for they know not what they do” (Luke 23:34).

If Jesus understood the power of forgiveness, perhaps we should pay attention.

Here is some advice:

*Let go of grudges* (forgiveness makes you happier and healthier).

*Forgiveness relieves stress* (the stress we feel from anger, resentment and bitterness lessens and even fades entirely).

*Forgiveness helps us to close a wound* (when we forgive, we give ourselves permission to heal).

*When we forgive, we give ourselves permission to stop living in the past.*

And finally, *forgiveness increases compassion* (it makes us more understanding and helps mend relationships).

—Timothy Merrill. For more information about National Forgiveness and Happiness Day, see <https://nationaltoday.com/national-forgiveness-happiness-day/>

*Prayer: Heavenly Father, create in me a heart to forgive. In Jesus' name. Amen.*

Week of October 1, 2023

## DAILY BIBLE READINGS

**Sunday:** 1 Corinthians 5-8

**Monday:** Ezekiel 37-39

**Tuesday:** Ezekiel 40-42

**Wednesday:** Ezekiel 43-45

**Thursday:** Ezekiel 46-48

**Friday:** Daniel 1-6

**Saturday:** Psalms 112-118

### Today is World Communion Sunday

World Communion Sunday, first observed in 1936, is celebrated the first Sunday in October. It's a special Sunday when churches around the world give thanks to God for our oneness in Christ, the Prince of Peace, who calls us to serve in the midst of the world of people alienated from him and often estranged from each other.

Let's thank God today for God's church, pray that it may be an effective agent for positive change in the world about us, and that many people might hear the Good News of Jesus!

## QUOTE FALL

**Directions:** In the box below is a quotation attributed to Henry Ward Beecher. The quote will "fall" into place as you choose the correct letter from each column. For example, in the first column below, the first letter of the first word will be either an I, W, M or T. The second letter of the first word will be an A, E, T or A. We've dropped the first word for you.

<del>I</del>	A		G	I		P	S	U		W	C	H	H		T	E
W	E	K	E		U	N		B	P	T		H	T	A	W	
M	<del>T</del>		E	S	V	U		T	U		H	A	A	T		
T	A	K	I	S		E	O		R	I	T	W				
I	T															

**ODD WORD OUT:** Circle the word in each group that does NOT belong with the others.

Group 1: lions, tigers, bears, dogs, giraffes

Group 2: peas, corn, carrots, apples, beans

Group 3: Monday, May, Saturday, Sunday, Wednesday

**Quote Fall:**

It is not what we take up but what we give up that makes us rich.

**Odd Word Out:**

Group 1 — dogs;  
Group 2 — apples;  
Group 3 — May.