

forgiveness



kindness



Giving Up My
Right To Hurt You



TEEN PAGE

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HARD TO DO, EASY TO IGNORE
(How to keep your friends and be happy)

Who could live without their Smartphone? It's the way we communicate: talk, text, photos, video, selfies. It's a brilliant way to get connected but it's not that easy to stay connected. Some people get left out and some get hurt. In fact a lot of teenagers do get hurt. All that Chat and connectedness and pictures of ourselves looking happy. What goes wrong? Two things that are easy to forget: kindness and how put things right when they go wrong. Kindness is easy because it actually feels good. Forgiveness is not, because it actually feels really bad. You have to give up something you actually don't want to: your resentment. You want to feel the hurt and let everyone know. Forgiveness is the only thing that can hold your friendships together. How?

I checked the Internet for forgiveness, it is full of steps - "6 Steps to Forgive", "8 Ways Forgiveness is good for your health", "9 Steps » forgive for good", "12 Steps: How to Forgive". That's a lot of steps and they are all about ME. Easy to say - hard to do. Why should I give up my hurt, why should I forgive? Making sacrifices is for heroes. I guess most of us want to be happy but we realise it's not that easy. In fact, history tells us that getting it is the exact opposite of getting everything that you want : it comes from giving something up - yes - sacrifice.

You could say forgiveness is Christianity's best kept secret. It's something you learn by example: the example of the way you are forgiven. Sometimes you know you need it. Christianity has a unique way to forgiveness: Jesus made a sacrifice and He makes us right with God by forgiving us. When you know that, it makes a difference doesn't it? Make that your way to happiness 'Forgive And Be Forgiven' FABF. It's the least you can do. 🙏



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WATCH THIS STORY <http://www.youtube.com/watch?v=uaWA2GbcnJU>



Unsung Hero

What does he get in return

For doing this each day?

He gets nothing!



for education

He won't be richer.

He won't appear on TV.

Still anonymous.

Not a bit more famous.



Feels the love.

What he does receive is emotions.

He witnesses happiness.

He feels love.

And in your life, what is it you desire most? Don't do Random Acts of Kindness, do Non-stop Acts of Kindness and make a habit of it!