



# BE QUIET AND LISTEN

## A JOURNEY TO HEAR GOD SPEAK

MAY 2025

## WELCOME

Welcome to the May edition of the Be quiet and listen journal experience!

In this month's newsletter we will be doing a deeper dive into the journal topic of forgiveness. What does it mean to forgive? Why do we need to forgive others?

Dive into the journal experience on page 2.

If you like receiving these newsletters and blog posts, share them with a friend.

May your comings and goings be blessed!

*Catherina*

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## BLOG



### **Full of anticipation**

Are you waiting expectantly upon the Lord?  
As we draw near to Him, he shows us great and wonderful  
things we are yet to imagine.

## JOURNAL EXPERIENCE

## FORGIVENESS

## WHAT IS FORGIVENESS?

WHY SHOULD WE  
FORGIVE OTHERS?

The Greek word for forgiveness is “aphesin”, it means dismissal or release. (NASM Lexicon)

God loved us so much, that he dismissed our trespasses and released us from the bondages that bound us through the death of Jesus on the cross.



## WHY SHOULD WE FORGIVE OTHERS?

In God's mercy and kindness, you were forgiven of your sin. By forgiving someone you are extending the grace that you have received to that person. You place them in God's hands.

Forgiveness restores relationships, it shows mercy and leads to blessing.

Ask the Holy Spirit to guide you on a journey of forgiveness. It takes courage to forgive others, but we can rest assured that we can do all things through Christ who gives us strength.

I pray that the love and peace of God will surround you!

For further study, have a look at the section on forgiveness in the Be Quiet and Listen Journal or listen to the podcast.

Want to read more?

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