

Courses offered at The Mastermindgroup.ca:

## THE FORCE OF FORGIVENESS

It is a 10-week course focused on Forgiving others and yourself

We will be studying the following: What is Forgiveness?

What happens when you don't forgive someone?

What does God say about Forgiveness?

What about Justice? or Mercy or Grace?

How to Overcome Regret in Your Life.

How To Forgive Others who have Hurt you

How to Forgive your self

How to Forgive God

How to Forgive your Parents

Precise Prayers for Forgiving

This Course is designed to help people to learn how to overcome bitterness, anger and malice towards those people that have hurt them deeply.

We will discover the exact steps to assist with healing the heart and soul and to move forward to obtain peace joy and laughter in our lives.

This course is also designed to help those who want to be able to counsel others.

We will understand through this course how to turn obstacles and stumbling blocks, and situations into steppingstones

There will be a brighter future filled with hope and joy and forgiveness from the haunting past.

If you are interested in participating, then send me a message and include your email address to be included in this course.

Introduction to small group meetings starts at 22:58

<https://www.youtube.com/watch?v=h4HnyV94cN8>

## THE FORCE OF FORGIVENESS







## 2) How to Love Yourself

It is a 9-week course ON DEVELOPING MORE Love for Yourself

This 8-week study group is called How to Love Yourself. I believe that a very big problem that a lot of people have is that they don't like themselves let alone don't love themselves.

We are told several times in the Bible to love our neighbors as ourselves.

But what if we don't like or love ourselves? Then how can that work?

In this course we will be discussing:

- 1)What is love and creating your own definition of love.
- 2)What is loving yourself all about?
- 3)Why we don't love ourselves?
- 4)What happens when we don't love ourselves?
- 5)How we treat Others is a direct reflection of how we feel about ourselves.
- 6)Steps to loving Yourself
- 7)Studying from an ancient scroll about Love
- 8)Creating a success and victory journal
- 9)Loving yourself activities
- 10)Designing letters of self appreciation and self forgiveness.

When you love all of yourself a Miracle occurs: You will find yourself being completely loved by others.



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**When you love yourself,**

*you will find it easy to love others because  
you cannot give what you don't have.*

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