



### Forgiveness Is a Process

by Tim Tripp

May 30th

S  
U  
N  
D  
A  
Y  
  
2  
0  
2  
1

One of the unfortunate truths about life is that no matter what you do, you will likely be hurt by someone. Consider this, if all relationships are vulnerable to heaping emotional pain on those involved, how can we keep a relationship vibrant and growing even when hurting? That is a complicated question as there are many things that could be going on in the backgrounds and personal histories of each person involved. But at some level a beginning place is forgiveness.

I know that is hard to hear for some and especially for those who have survived traumatic and abusive relationships. However, keep in mind that forgiving someone does not proclaim that what they did to you was alright. It does not mean that you have to renew a relationship with the person at the same level it was before. It simply means that you release them from a debt they owe you (apology, etc...) and yourself from the prison of painful memories that swarm when something reminds you of the person or situation that caused them.

Some emotional wounds heal quickly because they are not severe. However, if a trusted friend betrayed a confidence and you got fired from your job because of it, that wound is likely to go much deeper. An apology from your friend (probably former friend at this point) would do little to assuage the tide of emotion that washed over you. This has severely damaged your friendship and it will take extensive time and effort to restore the relationship if it can be restored at all. When the wound is deeper, forgiveness is more difficult. Deeper wounds need time and treatment to heal and in these cases, forgiveness is indeed a process.

In brief the process goes like this. This is a practical guide to help you or someone you know work through the forgiveness process. It admittedly oversimplifies a sometimes complicated scenario but it is a guide. When you need to forgive someone who has hurt you, remember the acronym, S.T.A.F. Here is a brief breakdown.

**Speak it.** Express forgiveness to the person responsible for your pain. If you cannot say it directly to them, say it to someone else. If you cannot do that then write it in a journal or on a private note. But speak it out loud. When you speak it, you release the other from a debt and submit to the process of forgiveness.

**Think it.** Resist thinking negatively about the other. Stop the replay of the injury event in your head when you can. Try to understand their brokenness and why they might have done what they did. Find positives in them and dwell on those.

**Act it.** In a situation where you can, do not avoid being in the presence of the other. Be kind to them. Speak nicely to others about them. Be at least outwardly happy for their victories and empathize with their defeats. Love them in action as best you can.

**Feel it.** Your feelings will likely not cooperate with you doing the first three. However, as you express and deal with your feelings, the painful emotion will subside over time and allow for happier emotions to fill their void.

So, there it is; S.T.A.F., Speak, Think, Act and Feel. It is easier said than done for sure but when done, it will free you from bitterness, anger and hatred. Those become a ball and chain around your ankle and limit you in other relationships and ventures. If you have been hurt, do something for yourself and forgive.

### DIOS LE BENDIGA! (God Bless You!)

by Aris Ortiz

!!In Matthew 7, Jesus is teaching to ALL believers that bad things will come to them as those who don't believe in Him. Matthew 7:24 NIV "Therefore everyone who hears these words of mine and puts them into practice"... But everyone who hears these words of mine and does not put them into practice...The rain came down, the streams rose, and the winds blew and beat against that house..." for both groups of people. All will face difficult times, situations and conflicts, but if we understand the difference, the key part is, "doing." The usual saying: "bad things happen to good people" Well, that is nothing new, according to Jesus' words, the bad part is when those bad moments comes from those who are supposed to care, understand, be merciful, be kind, be patient, not judgmental, not arrogant, not hurtful with words or actions. The reality is that Satan is always looking to intervene in our life, our relationship with the Lord and with others. Satan will use any possible way to destroy that house and that the loss will be so big and bad. As we continue our journey in Christ, let us be aware to not let Satan use us for his purposes. Let us be always humble with a sincere heart to serve our Lord and God, resisting the Devil's darts that want us to make ourselves, or worse, others, have those bad moments with our negative attitude. We are always surrounded by people, always, and as we are the light and the salt of the world, let us pay attention to ourselves, to be shining and sharing the light here, there, and everywhere, with believers and non believers. God loves each of us, my West Side Family, Blessings!

## Gathering Times

Sunday Morning 10 Am Worship  
& Kids for Christ  
ages 1yr-5th grade

WSYM meets 6:30 pm Wednesdays

Online Bible Study  
Sunday 6:30pm  
Wednesdays 6:30pm

Additional resources such as classes on Spritual  
Formation and a series on John  
available on westsidear.org

## West Side News

Robyn Richardson will be recognized for 50 years of service with a party in his honor at 2pm, June 11th on the second floor at the Courthouse. All are invited to attend!

### Wednesday Night Adult Class

Tim Tripp will be leading an In-Person Bible Study beginning June 9th at 6:30 pm in Room 3.

### WS KIDS

KFC will take a break for the summer, but we still have great things planned for our WS Kids!

New classes will meet during the regularly scheduled KFC time. beginning June 6th.

1-2 year olds - Nursery area with Beth Sorrells

3-4 year olds - Room 16 with Jamie Bates  
Tami Robinson / Jen Wortham

5yr old Pre-K - Room 12 with Susan Taylor / Deanna Cole

K-1st grade - HW Studios Room with Chris & Elizabeth Ratliff

2nd & 3rd grade - Creator's Canvas room with Lisa Rentfro

4th & 5th grade - Museum room with Jessica Davis

**Thank you to all who volunteer to teach and help with our  
WS KIDS! It takes a village!**

Sign up for WS emails at  
[westsidear.org/subscribe](http://westsidear.org/subscribe)

## **Week of: 5-23-2021**

Weekly Giving: \$ 14,388

Attendance

Weekly Budget:\$ 13,820

290

YTD Giving: \$ 285,588

YTD Budget: \$ 290,215

## Family Illness and Recovery

Linda Butler is doing well following shoulder surgery last Friday. Please keep Linda in your prayers for a rapid and complete recovery as well as Rick and Lacey as they care for her.

Gary Jernigan is doing well following implantation of a loop recorder to help monitor heart functions. Please keep him in your prayers as he works with doctors to determine best treatment options.

Janice Highfill (former member) underwent surgery May 20th for removal of right kidney for renal cell carcinoma. No other treatment is required at this time. Prayers for complete healing and recovery are appreciated.

Sharon Johnson, sister of Carol White, has been having a hard time with treatments lately, and a new tumor was discovered. Please continue to pray for relief of symptoms associated with her cancer.

Krista Magness, great-niece of Trish Bailey had surgery last Tuesday for breast cancer. More results should be known in a week or so. Please continue to pray for Krista's emotional wellbeing and physical health and recovery as she navigates through the extent of this disease.

Sissy Duvall, sister of Patsy Parnell, is battling inoperable metastatic throat cancer. Please keep her in your prayers for healing.

Sympathy:

We extend our sympathy to Darran Austin and family in the loss of his father Darrell on Thursday. Please keep the entire Austin family in your prayers for peace and comfort during this time of great loss.

Ongoing:

Bill & Eloise Irving

Amanda Williams

**Love. Share. Disciple.**