



FULL LIFE CHURCH

PASTOR MITCH

HABITS OF HOLINESS

THE RHYTHM OF
FORGIVENESS

Day 1

Recognizing the Weight We're Carrying

“Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice.”

Ephesians 4:31 (CSB)

As autumn's leaves cling stubbornly before their inevitable fall, so do our grudges—starting as vibrant hurts but rotting into heavy burdens that disrupt our soul's rhythm. Think of Ahithophel in 2 Samuel 16-17, whose long-buried resentment over King David's betrayal festered into vengeful plotting and ultimate despair.

In fall's back-to-school bustle or new starts, we too carry “clinging leaves”: family rifts, workplace slights, or unresolved pains that block God's light. This season's shortening days invite introspection—pause and name what weighs you down.

Recognition is the first beat in forgiveness's holy habit, aligning us with God's pruning hand (John 15:1-2) to restore our spiritual flow.

Prayer

Lord, in this autumn rhythm, reveal the grudges I've buried. Help me see how they disrupt Your peace in my heart. Give me courage to name them, trusting Your gentle pruning. Amen.

Day 2

Release Through Forgiveness:

“And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.”

Ephesians 4:32 (CSB)

Forgiveness pulses like autumn’s steady shedding—not a fleeting emotion, but a deliberate habit that lightens our load for winter’s snowy weight. The unforgiving servant in Matthew 18:21–35 hoarded mercy, chaining himself in bitterness, while Jesus models ultimate release on the cross.

“Father, forgive them” (Luke 23:34). That one moment revealed how profoundly different the kingdom of God is. In fall’s deep rhythms—harvest gatherings or people exploring church for steadiness—God calls us to this pruning: to release one “leaf” at a time until all bitterness and burdens are stripped away.

Prayer

Father, as You forgave me through Jesus, empower me to release this grudge. Prune away bitterness, even when it stings, and fill me with your compassionate rhythm. Amen.

Day 3

Renew: What God Grows in Bare Branches

He asked him the third time, “Simon, son of John, do you love me?” Peter was grieved that he asked him the third time, “Do you love me?” He said, “Lord, you know everything; you know that I love you.” “Feed my sheep,” Jesus said.

John 21:17 (CSB)

After shedding, autumn's bare branches promise renewal—like evergreens enduring winter, ready for spring's burst. Peter's denial weighed him down with shame, but Jesus' seaside restoration (John 21) turned release into recommissioning, fueling a fruitful legacy.

God's rhythm transforms endings into harvests. In this season's cadence—whether in kids' school routines or newcomers finding authentic community—we're invited to embrace a holy habit: letting go, so God can grow joy, purpose, and connection in our souls, bearing eternal fruit.

We must release the grudges and bitterness we cling to so that, with open hands, we can receive what God longs to give.

Prayer

Dear Jesus, You are a renewing God, thank You for turning my bare places into fruitful ground. As I release my wounds and hurts, fill me with Your joy and purpose, synching my life to autumn's hopeful rhythm. Amen.