

## **SO SEND I YOU, INC. 2024 LENTEN DEVOTIONAL**

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**Saint John Baptist Church is inviting you to a scheduled Zoom meeting.**

**Topic: 2024 LENTEN DEVOTIONAL**

**Time: March 18, 2024 06:00 PM Eastern Time (US and Canada)**

**Every day, until Mar 31, 2024**

**Join Zoom Meeting**

**<https://us06web.zoom.us/j/82089300351?pwd=qdHdd5LGaTRWPhJCRgOxsK6bL2Fnji.1>**

**Meeting ID: 820 8930 0351**

**Passcode: 628471**

**Dial by your location**

- **+1 312 626 6799 US (Chicago)**
- **+1 646 558 8656 US (New York)**

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**DAY 29  
MONDAY, MARCH 18, 2024**

### **RELEASE THE WEIGHT**

**Rev. Treyvon J. Sinclair, Sr.**

**Matthew 6:12 And forgive us our debts, as we also have forgiven our debtors.”**

January 8, 2023, marked 20 years since the crash of Air Midwest flight 5481, which crashed while departing from Charlotte, North Carolina. The regional American Airlines flight crashed, taking the lives of 21 people because the aircraft was overweight. This airplane crash was due to the fact that the average weight of its passengers and baggage was above the assumed average figure. The plane was overloaded, and its center of gravity was 5% behind the prescribed limit.

Such is the case for many of our lives. We often crash on life’s plane because we carry too much weight! In the opening of the verse, Jesus talks to His disciples and tells them that when they pray to our God, they should use this model prayer. The 5th petition of this prayer is recorded in Matt. 6:12 – “Forgive us our debts as we also have forgiven our debtors.”

Everyone agrees that giving forgiveness is a difficult thing to do. Forgiveness is difficult because we are very familiar with being recipients of it from God every day. For many of us, God wakes us in the morning in our right mind. God gives us clothes and shoes.

God provides us with a roof over our heads. God gives us new mercies daily. We are recipients of new opportunities, new jobs, and open doors. We are comfortable receiving things like forgiveness because we don't have to do much to receive it. We are comfortable being the recipients of things, but we cringe when we have to be givers of things we freely receive.

However, in this prayer, God says that in the same way we want to receive forgiveness, we should also give forgiveness to someone else. We assume that forgiveness is for the other person; however, forgiveness is really for ourselves. It has been said that unforgiveness is like swallowing rat poison, hoping that someone else dies. It is only killing you. No wonder why we are so unhappy. No wonder we are so frustrated. No wonder we cannot sleep at night. No wonder we have ulcers, back pains, headaches, and all kinds of illnesses that come to us. No wonder we carry grudges. No wonder we are depressed and confused. We suffer because we harbor an unforgiving spirit. Unforgiveness makes you lie awake at night, stewing over every evil thing that has ever happened, or you think has happened to you.

Forgiving others helps us release the baggage holding us down so that we can mount up on wings like eagles, we can run and not be weary, we can walk and not faint. What will you choose today? Will you soar high, or will you allow your heavy load of unforgiveness to take you down-making you sink?

**Prayer:**

**Dear Lord, when we are unwilling to forgive, remind us to ask ourselves where we would be if you had not forgiven us. Help us each day, to show the grace to others that we expect You to show to us. Please help us to forgive so that we can be free of the pain that holds us down. In Jesus' Name. Amen.**