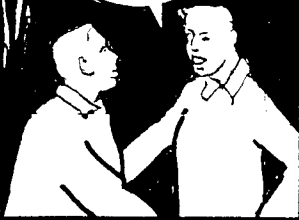


YOU SAY WHAT?



THAT I CAN WRITE ALL THE DUMB CHOICES YOU HAVE MADE ON ONE SIDE OF A 3X5 CARD.



IT WOULD TAKE A BOOK OR TWO TO PUT DOWN ALL THE DUMB CHOICES I'VE MADE.

LET'S SEE.



EVERYONE HAS DONE THINGS THEY WOULDN'T WANT PUBLISHED IN THE LOCAL PAPER, RIGHT?

RIGHT!



THERE ARE THREE AREAS THAT WE FEEL GUILTY IN: WHAT WE SAY, THINK, AND DO. THE FIRST TWO DON'T BOTHER US MUCH, BUT ...



WHEN YOU DO SOMETHING WRONG, YOU ASK GOD TO FORGIVE YOU AND HE DOES, BUT YOU DON'T FORGIVE YOURSELF, RIGHT?

ESPECIALLY IF WE KEEP IT A SECRET.



SOMEONE HAS SAID THAT WE ARE OUR SECRETS. IF WE DO GOOD AND DON'T TELL ANYONE ABOUT IT THEN THAT IS WHO WE ARE. IF WE DO BAD AND KEEP IT A SECRET THEN THAT IS WHO WE ARE.

IF I WERE TO ASK YOU WHAT YOUR SELF IMAGE IS... SAY FROM ZERO TO TEN, TEN BEING THE HIGHEST, AND ZERO BEING THE LOWEST, WHAT WOULD YOU SAY?



OH, SIX OR SO

IN GENERAL, IF YOUR NUMBER IS SIX OR BELOW I CAN HELP YOU HAVE A BETTER SELF IMAGE IN ONE HOUR.

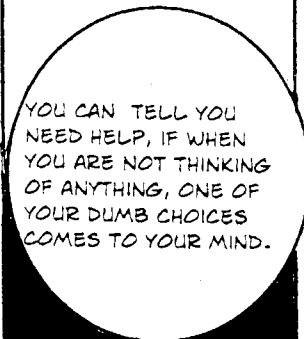


THERE IS A DIRECT RELATIONSHIP BETWEEN SELF IMAGE AND SELF FORGIVENESS. THERE IS A RELATIONSHIP BETWEEN SELF CONFESSION AND SELF FORGIVENESS.

SOUNDS LOGICAL



YOU CAN TELL YOU NEED HELP, IF WHEN YOU ARE NOT THINKING OF ANYTHING, ONE OF YOUR DUMB CHOICES COMES TO YOUR MIND.



GOD WANTS US TO FORGIVE OURSELVES AND BE FREE TO BE THE BEST WE CAN BE.

MY MINISTRY FOR HUNDREDS OF PEOPLE HAS BEEN TO HELP THEM FORGIVE THEMSELVES.

GEORGE KNOTTS  
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