

**Forgiveness: A Journey from Hurt to Freedom
By Fr. Brendan McGuire**

Session 3

Evaluation: [Forgiveness: A Journey From Hurt to Freedom \(google.com\)](https://www.google.com)

- A. Scripture
- Psalm 22—Prayer of an Innocent Person
 - Luke 15:11-32—Parable of the Lost Son
 - Luke 23: 33-43—Crucifixion of Jesus
 - Romans 7:13-25—Why Do I do What I Hate?
- B. Questions
- What part of anger management do I find myself getting stuck?
 - What part of “wound care” do I find hardest to give to myself?
 - Was there anything that I had not forgiven God for? Am I ready to let go now?
 - Do I find it hard to forgive myself? If so, is there a pattern I can identify?
- C. Prayer

**Time to leave
(Fr. Brendan McGuire)**

**It is time to leave.
It is time to go.
I have grown so comfortable,
in this prison cell,
of my own making,
This cell of unforgiveness.
I wonder if I can,
I wonder if I really want to
leave?
Oh God, I want to.
Please help me leave.**

**It is time to leave.
It is time to finally
take the key
from you,
O Jesus.
I see it in your hand,
and I want to take it.
Oh God, what stops me?
Have I become so comfortable
with my own**

**misery,
that maybe
I just don't want to leave?
Oh God, I want to.
Please help me leave.**

**It is time to leave
It is time to open the lock.
To finally set myself
free.
Free to love again.
Free to hurt again.
Free to live again.
Oh God, I want to leave.
Please help me leave.**

**It is time to leave.
It's time to step out.
It's finally time to taste
the freedom
that I have withheld from myself.
I was hurt.
I was angry.
I am hurt.
I am angry.
But I still want to be free.
Oh God, I want to leave.
Please help me leave.**

**It is time to leave.
It's time to go.
It's finally time
to leave the past
in
the past.
I do not condone the offense
But I know
that I am
the one
who is in prison.
Not the one who hurt me.
I accept
that I can
heal
if only I step out.
Oh God, I want to leave.**

Please help me leave.

**It is time to leave.
It is finally time to leave
my cell behind.
I throw the key
back into the cell.
I never want
to be tempted
to enter in again.
This time I will lock myself
out of prison
and into freedom.
I choose to be free,
I choose to forgive.
Oh God, I want to leave.
Please, help me leave.**

It is time to leave.