



Coptic Orthodox Diocese of the Southern United States

Monthly Message for the Priests Wives

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Positive Thinking Volume 4

Step 4: Practice Forgiveness

Forgiveness is an essential component of any successful marriage. As Father Arsanious explains, "Forgiveness is not about forgetting or excusing the wrong that was done. It is about letting go of the anger and resentment that we feel towards our spouse."

Biblical Verse: "bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do." (Colossians 3:13)

Funny Story: One day, a woman was having an argument with her husband about something that had happened earlier in the day. As the argument escalated, the woman threw a plate at her husband, which shattered on the wall behind him. Feeling guilty and remorseful, the woman decided to make it up to her husband by cooking his favorite meal and bringing it to him in bed. However, as she was carrying the tray of food upstairs, she tripped and spilled the entire meal on her husband's lap. Feeling even more embarrassed and ashamed, the woman apologized profusely and begged for her husband's forgiveness. Her husband, who was now covered in food, simply looked at her and said, "It's okay, honey. I forgive you. But next time, maybe just talk to me instead of throwing plates and spilling food." The couple ended up laughing about the whole situation and hugging it out.

Biblical and practical application: One biblical story that highlights the importance of practicing forgiveness and how a priest's wife can benefit from it in dealing with her husband in a positive way is found in the Gospel of Matthew in the New Testament.

The story is about Peter, one of Jesus' disciples, who asked him how many times he should forgive someone who sins against him. Jesus replied, "I tell you, not seven times, but seventy-seven times." (Matthew 18:22)

Jesus went on to tell a parable about a king who wanted to settle accounts with his servants. One servant owed him a great amount of money, and the king ordered him to be sold along with his family to pay the debt. The servant pleaded for mercy and the king forgave his debt entirely. However, the same servant then went to a fellow servant who owed him a small amount of money and demanded payment. When the fellow servant pleaded for mercy, the first servant refused and had him thrown into prison. When the king found out, he was angry and had the first servant punished for his lack of forgiveness. Jesus concluded the parable by saying, "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart." (Matthew 18:35)

This story teaches us the importance of forgiveness and the consequences of harboring unforgiveness in our hearts. In the context of a priest's wife, it is important for her to practice forgiveness in her relationship with her husband. The work of a priest can be demanding and stressful, and it is possible for conflicts and misunderstandings to arise between the couple. However, by practicing forgiveness, the priest's wife can prevent these conflicts from causing lasting harm to their relationship.

Forgiveness can be difficult, especially when we feel hurt or wronged by someone. However, by following Jesus' example and extending forgiveness freely and generously, we can create a positive and supportive environment in our relationships. The priest's wife can benefit from practicing forgiveness by fostering a strong and healthy relationship with her husband, one that is built on mutual respect and understanding.

Academic application and references for all previous volumes:

In conclusion, positive thinking is a powerful psychological construct that has numerous benefits for individuals' mental and physical health, social relationships, and job performance. By cultivating optimism, self-efficacy, and using various techniques to promote positive thinking, individuals can improve their well-being and cope more effectively with life's challenges.

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