

Our Commitments for a Gospel-Invaded Life

*With God's help,
I will resolve matters peacefully and quickly because bitter words and bitter
hearts grieve my God*

*With God's help,
I will seek peace and joy for others because my anger grieves the Lord*

*With God's help,
I will have self-control and not spread my annoyance or frustration to others
because clamor and slander grieves my God*

*With God's help,
I will refuse the temptation to spread my negative thoughts and perceptions of
others because bringing other people down grieves my God*

*With God's help,
I will reject the temptation to seek injury or delight in injury against another
person because it grieves God when I do.*

*With God's help,
I will be kind to other people around me, even my enemies, because kindness
towards my enemies reflects the Gospel in my world*

*With God's help,
I will be tender-hearted and allow my heart to grieve for the pains of others (even
if they are my enemies) because this reflects the Gospel in my world.*

*With God's help,
I will forgive others just as God has forgiven me, because this reflects the Gospel
in my world.*