





A LIFE  
WELL  
LIVED...



*Be  
True  
and  
Kind  
-  
W. L. G. L.*



# A Life Well-Lived

Genesis 4:23 “Adah and Zillah, listen to me;  
wives of Lamech, hear my words.

I have killed a man for wounding me,  
a young man for injuring me.

<sup>24</sup> If Cain is avenged seven times,  
then Lamech seventy-seven times.”

# A Life Well-Lived

Matthew 18:21 “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

<sup>22</sup> Jesus answered, “I tell you, not seven times, but seventy-seven times.

*“Forgiveness is a beautiful word, until you have something to forgive.” – C.S. Lewis*

# A Life Well-Lived

*“Every time you feel unforgiveness, you are more likely to develop a health problem.”* - Everett Worthington

*“The most selfish thing you can do for yourself is to forgive other people.”* - Dr. Ornish

## A Life Well-Lived

Matthew 18:34-35 In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.

“This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”

*“... to forgive is to set a prisoner free and discover that the prisoner was you.”* – Lewis B. Smedes