

April Pause Resource List:

DROPS IN THE OCEAN - Ultimate Grace = Forgiveness

Booklet: **What Christians Should Know about Forgiveness** by John Arnott

<https://amzn.to/4d8kAlv>

Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again by Lysa TerKeurst <https://amzn.to/4aQngbl>

Forgive: Why Should I and How Can I? By Timothy Keller <https://amzn.to/4aMu76t>

Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies by Alison Cook <https://amzn.to/3PWtVsl>

This is Your Life - 597 Questions to Tell Your Story <https://amzn.to/4cXchz8>

Podcasts:

[What If I Don't Feel Ready to Forgive?](#) Therapy & Theology hosted by Lysa TerKeurst. S3E5

[Forgiveness: The Hardest and Most Life-Changing Thing We Can Do](#) with Vaneetha Rendall Risner speaking at The Gospel Coalition Women's Conference.

[The Mental Health Benefits of Forgiveness & Thoughts on Grace with Max Lucado](#) The Best of You podcast with Dr. Alison Cook

YouTube:

[Forgiveness is Necessary and Possible for You](#) Better Together TV with Sheila Walsh