

**Eph 6:1-3 NLT**

*1 Children, obey your parents because you belong to the Lord, for this is the right thing to do. 2 "Honor your father and mother." This is the first of the Ten Commandments that ends with a promise. 3 And this is the promise: If you honor your father and mother, "you will live a long life, full of blessing."*

**Getting Square with Your Folks  
(Four Fundamental Truths)**

*In all probability your mother and father:*

1. loved you as much as they had the ability to love
2. parented you as well as they were capable
3. taught you by word or example some very wonderful things
4. taught you some terrible lies about life and hurt you badly

If you want to enjoy "good mental health" and the benefits of God's Kingdom here and now, be grateful for your parents and the good they passed on to you. Forgive your mom and dad from your heart for *any* injury they have caused you and determine to embrace and pass on only the good things they imparted to you. Then pray that your own children will be so understanding and gracious.

**Matt 6:14-15 NLT**

*14 "If you forgive those who sin against you, your heavenly Father will forgive you.  
15 But if you refuse to forgive others, your Father will not forgive your sins."*

