

### What to expect today

*We're glad you're here! Have a cup of coffee, get comfortable, then...*

**Some music** —join in!

**Welcome**

**Message**—“F Yourself” ~Greg Meyer

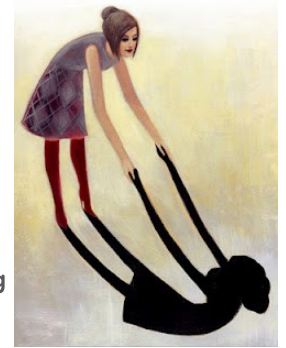
**Offering**—Thank You!

**Songs**

**Closing**

### F Yourself

Yeah, seriously. Maybe you don't take it as seriously as you should, or maybe you think you can't do it. Not surprising because F'n yourself - Forgiving yourself - is a big deal. In fact it might be harder than forgiving someone else or asking them for it. If you are carrying around a load of guilt or regret that is weighing you down, there is probably some self-forgiveness that needs to happen. Let's talk.



### Also today...



**Hey Kids!** The Nest (6mo-2yrs), Thimble Town (preschool), Spinners (grades K-3), Weavers (grades 4-5), and The Fray (grades 6-8) are open today! These gatherings are designed specifically for kids to help them connect and grow. Try it! Kids are also welcome in the Commons... check out the kids table.

### Coming Up

**The ALL Fabric Retreat is next weekend! *Don't come to Field!***

A weekend of reflection, relaxation, fun, silliness, getting to know each other, and generally just being Fabric together! This is for everyone! **REGISTRATION IS OPEN THROUGH TOMORROW!** Don't miss out on the fun! Visit [fabricmpls.com/retreat](http://fabricmpls.com/retreat) to register and learn more.



### Sunday, October 13: F Life

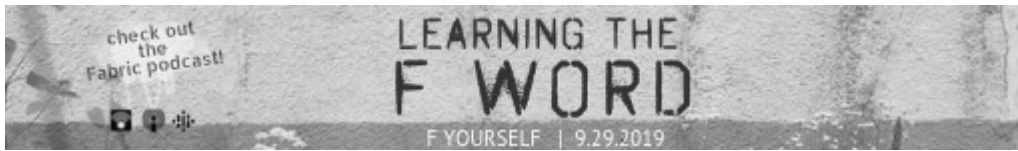
Forgiveness isn't an act, it's a way of life. In fact it seldom comes from amassing the energy to pull it off, but as the natural product of a different way of seeing life. A view that realizes nothing is ever complete or perfect, and the defects aren't the problems, but the opportunities. Easier said than done, nonetheless you are hereby invited to join us in a world of F Life. Welcome! Let's talk about what that looks like.

### Fabric Groups—Join in!

This Forgiveness stuff...it's good! And F'n hard. Groups are a space where we wrestle with the good and the hard together! That's space worth making time for. A variety of groups meet at times and places that make sense for them. There are groups on Sundays, Mondays, Tuesdays (afternoon and eve), Thursdays and Fridays (early AM and eve)...and talk of some new groups percolating. When could work for you? Let's help each other all have some set aside space like this.



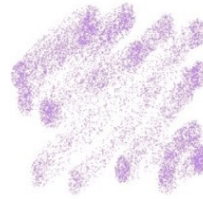
**Want to join a Group?** Visit [fabricmpls.com/groups](http://fabricmpls.com/groups), or check-mark the “groups” box on your communication and we'll be in touch.



You can forgive yourself **even when** you are GUILTY and feel REGRET.

*Forgiveness is a gift. You don't have to deserve it to get it.*

You can forgive yourself **even when** you can't FIX what you DAMAGED.



You can forgive yourself **even when** OTHERS WON'T.

You can forgive yourself best when you've DONE WHAT YOU CAN to make amends.

Self-forgiveness isn't LOWERING YOUR STANDARDS for yourself, it MOTIVATES you to REACH HIGHER by removing the weight that holds you down.

*Let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us. Hebrews 12.1b*

You can forgive yourself **because** GOD DOES. TO GOD YOU ARE ALWAYS FORGIVABLE.

God forgives you **because** God BELIEVES IN you.

*You are the ones chosen by God, chosen for the high calling of priestly work, chosen to be a holy people, God's instruments to do God's work and speak out for God.*  
1 Peter 2.9 The Message

God forgives you **because** your value is based on your BEING, not on your DOINGS.

*Do not fear, for I have redeemed you; I have called you by name, you are mine. You are precious in my sight, and honored, and I love you. Isaiah 43.1b,4*

YOU THINK OF YOURSELF AS DIRT. GOD THINKS OF YOU AS SOIL!

God forgives you **because** God is busy CREATING THE FUTURE not REHASHING THE PAST.

*Forget about what's happened; don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it? Isaiah 43.18-19a The Message*

You will forgive yourself **because** you see yourself THE WAY GOD SEES YOU.

*"So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate.'" Jesus, Luke 15.20-23*

POUR yourself out to God, and then BE QUIET!

Let God reassure you through PEOPLE and EXPERIENCE.

**Forgiveness Challenge**—What haven't you forgiven yourself for? It may be

obvious, or not, because you buried big & small hurts so you wouldn't have

to feel or think about them. Take time. Sit with them. You are guilty, you

don't deserve it, and you are forgiven. Claim it. Write about it. Talk about it.

If you are new, welcome!

Thanks for being part of Fabric today. We'd love to meet you!

? Find the table with the question mark.

A reading to go with today's message: Isaiah 43.1-5, 16-21

This may have been 2700 years ago, nonetheless the poet/prophets of the era shared an inspiring vision of who we are and can be.

Ride Your Bike!

Feel free to store your bike on the east side of the Commons.



**Weaving** We are always trying to support each other toward health and wholeness as individuals, and we see how life is most fulfilling when it's woven deeply with others (including the world around us), and that mysterious element we often call the "third strand," or "God." [fabricMPLS.com/who-we-are](http://fabricMPLS.com/who-we-are)

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There is typically someone at the office during the following hours:

Mon 12 pm to 4 pm  
Tues, Wed & Thurs 9 am to 4 pm