

Monday 6th July 2020

Forgiveness

Colossians 3: 13 *Be tolerant of one another and forgive one another whenever any of you has a complaint against someone else.*

Rarely does anyone go through life without taking a few knocks caused by others. Someone might say or do something minor which is hurtful to us. On the other hand, someone might cause us to suffer from a much deeper and long-lasting hurt brought on by serious actions e.g. abuse, assault or desertion. The festering pain which we suffer as a result of such actions might sit in our hearts for months or years – until we let it go.

How do we let it go? We do that through forgiveness. However, forgiving someone can be one of the hardest things we ever do for we find it hard to let go the wrongs that have been done to us. It is through forgiveness that God heals our wounds, sets us free from the imprisonment which anger and self-pity brings and makes us whole. It is with God's help that we can forgive others and ourselves.

How often has God forgiven us and we have received His grace through Jesus. Also, in Colossians 3:13 we are told, *'You must forgive one another just as the Lord has forgiven you.'* Here God commands that we forgive those who do wrong by us. Forgiveness is at the heart of Christian faith.

In Luke 24: 46-47 Jesus said to his disciples, *'This is what is written; the Messiah must suffer and must rise from death three days later, and in His name the message about repentance and the forgiveness of sins must be preached to all nations, beginning in Jerusalem.'*

Here, Luke is telling us that God's love and forgiveness is a message which should go out to all the world. We must always be aware of the worldwide range of the Good News of salvation. It is God who saves us and His forgiveness of us and, in turn, our forgiveness of others forms part of this.

Amen