

Forgive – Why and How?
Lent 2021 – Session Three
All Saints' Episcopal Church
Fr. Jambor

BCP p. 816 – For Our Enemies (#6)

O God, the Father of all, whose Son commanded us to love our enemies:
Lead them and us from prejudice to truth;
deliver them and us from hatred, cruelty, and revenge;
and in your good time enable us all to stand reconciled before you;
through Jesus Christ our Lord. Amen.

Stages of Forgiving

We Hurt	pain
We Hate	anger
We Heal	release/freedom our forgiving brings us
We Hug	reconciliation/restoration
We Heighten	growth

The Steps of Forgiveness (partial)

1. Choose to Forgive
2. Don't Cry Alone
3. Do Get Angry
4. Forgiving and Forgetting

Replay the
Pain Tape



Start to heal
the memories

Process Takes Time!

Forgiveness and the temptation for revenge

Point of Clarification

Forgiving Takes Time

Leave the Past in the Past

Some Nice Things Forgiving Is Not

Forgetting ≠ Forgiving

Excusing ≠ Forgiving

Smothering ≠ Forgiving

Accepting ≠ Forgiving

In sum:

1. You do not *have* to forget after you forgive; You may, but forgiving can be sincere even if you remember .
2. You do not excuse people by forgiving them
You forgive them at all only because you hold them to account and refuse to excuse them .
3. You do not forgive people by smothering conflict;
If you forever smother people's differences, you rob them of a chance to forgive .
4. You do not forgive people merely by accepting them;
You forgive people who have *done* something to you that is unacceptable .

HOMEWORK:

- Focus on someone you need to forgive.
- Each day, offer the prayer at the end of today's handout. Visualize the person and use his/her name in the prayer daily.
- Keep up the good, hard work:
 - Choose to forgive
 - Don't cry alone
 - Be angry (you're alive and healthy) – acknowledge hate (a sickness needing healing)
 - Keep moving along in the process of forgiveness

Daily Prayer

Dear God, I am so tired of hurting. I don't want to live my life feeling angry.

I am weary of having my stomach tied in knots. I don't want to feel bitter.

Lord, give me the grace to forgive _____.

Remove the anger that I feel for _____ from my heart.

Clothe me with compassion for _____ and for the blindness that allowed them to hurt me.

_____, I forgive you. You hurt me, and I forgive you for hurting me.

God has put away your sin against me.

Lord, thank you for the healing power of forgiveness.

Thank you for the release of the hurt and the pain.

Thank you, Lord, for setting me free.

Thank you for giving me my life back.

Thank you for showing me your path to laughing, loving, and living again.

All this I ask through Jesus Christ who forgave and healed all who came to him for help. Amen.

Hymn 674

"Forgive our sins as we forgive" you taught us, Lord, to pray;
but you alone can grant us grace to live the words we say.

How can your pardon reach and bless the unforgiving heart
that broods on wrongs and will not let old bitterness depart?

In blazing light your cross reveals the truth we dimly knew,
how small the debts men owe to us, how great our debt to you.

Lord, cleanse the depths within our souls, and bid resentment cease;
then reconciled to God and man, our lives will spread your peace.