

*Forgive – Why and How?*  
*Lent 2021 – Session Two*  
*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.

**Isaiah 42: 1, 6-7 (RSV p 873)**

Behold my servant, whom I uphold, my chosen, in whom my soul delights;  
I have put my Spirit upon him.  
I am the LORD, I have called you in righteousness,  
I have taken you by the hand and kept you;  
I have given you as a covenant to the people,  
a light to the nations,  
to open the eyes that are blind,  
to bring out the prisoners from the dungeon,  
from the prison those who sit in darkness.

**MT 6:14-15 (RSV p 1178)** Jesus says:

For if you forgive men their trespasses, your heavenly Father also will forgive you;  
but...if you do not forgive men their trespasses,  
neither will your Father forgive your trespasses.

**MK 11:25 (RSV p 1230)** Jesus said:

Whenever you stand praying, forgive, if you have anything against anyone; *so that*  
your Father also who is in heaven may forgive you your trespasses.

**Colossians 3:12-13**

Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness,  
meekness, and patience, forbearing one another and, if one has a complaint against  
another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

**MT 18:23-35 (RSV p 1195)**

**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.



Springs & headwaters

Sea of Galilee

Jordan River

The Dead Sea

### **Stages of Forgiving**

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

Is being angry a sin? Always a sin? Never a sin?

Let's take a look at a couple of episodes in the life of Jesus

### **MT 21:12-13 (RSV p 1199)**

And Jesus entered the temple of God and drove out all who sold and bought in the temple, and he overturned the tables of the moneychangers and the seats of those who sold pigeons. He said to them, "It is written, 'My house shall be called a house of prayer'; but you make it a den of robbers."

Let's look at another episode in the Gospels

### **Mark 3:1-6 (RSV p 1216)**

Again he [Jesus] entered the synagogue, and a man was there who had a withered hand. And they [the Pharisees] watched him, to see whether he would heal him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, "Come here." And he said to them, "Is it lawful on the sabbath to do good or to do harm, to save life or to kill?" But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out, and immediately held counsel with the Herodians against him, how to destroy him.

### **The Steps of Forgiveness (partial)**

1. Choose to Forgive
2. Don't Cry Alone
3. Do Get Angry

More later!

### **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.
- Read, mark, learn, and inwardly digest every day this Scripture from Ephesians .  
**Ephesians 4:26-27** Be angry but do not sin; do not let the sun go down on your anger and give no opportunity to the devil.
- Do the "Questions for Reflection and/or Action" between now and next week.
  - How do you typically deal with your anger? Do you think it is ideal or in need of change?
  - Sharing your anger is important. Whom do you know that would be a good listener for you?
  - The purpose of sharing your anger is to get it "out" not to foster and nurture it. Whom do you know who would hold you accountable in that regard, who would listen but with time urge you to move on?