

Forgive Me!

Did you know that unforgiveness is one sin that cannot be committed inadvertently? The act of being unforgiving is always deliberate!

The Bible tells us that we are to forgive one another even as God for Christ's sake has forgiven us (Ephesians 4.32) Imagine if we all did this - what a contribution towards world peace!

So why do we find it so difficult? After all, in the light of God's great forgiveness, our own grievances look rather insignificant. Forgiving doesn't mean saying that the wrong done against us was O.K.

It means that we are going to let God take care of disciplining the wrongdoer. God says, "Vengeance is mine: I will repay" (Romans 12.19)

Usually there are stages in the process of forgiving. **First**, talk out the wrong that was done. This is an important part of the healing.

Second, it may help to see a Christian counsellor who can suggest ways to redirect our thinking.

Third, understand why the offender did what he did. What factors prompted his behaviour?

Fourth, read the Bible. This helps immeasurably. We find that healing takes place as we read God's word, because it helps us focus on the Lord rather than on the person who did the wrong.

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Good News in Brief

God is able to flood us with the kind of love that enables us to forgive.

Ken Packer