

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

- Five sessions released every Wednesday about noon
- Begins Wednesday, Feb. 24<sup>th</sup> and ends Mar. 24<sup>th</sup>
- Resources are:
  - The Book of Common Prayer 1979 (BCP)
  - The Oxford Annotated Bible with Apocrypha Revised Standard Version (RSV)(You may borrow these from the parish – contact Julien at church.)

**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 6:9-13 (RSV p 1177)** Jesus said:

Pray then like this: Our Father who art in heaven, Hallowed be thy name.  
Thy kingdom come. Thy will be done, on earth as it is in heaven.

Give us this day our daily bread;  
and forgive us our debts, as we also have forgiven our debtors;  
and lead us not into temptation but deliver us from evil.

**LK 11:2-4 (RSV p 1261)** Jesus said:

When you pray, say: Father, hallowed be thy name. Thy kingdom come.

Give us each day our daily bread;  
and forgive us our sins, for we ourselves forgive everyone who is indebted to us;  
and lead us not into temptation.

#### **Our Father (BCP p 364)**

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.

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

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.

Jesus teaches us to ask God to FORGIVE US our...

- Debts (Gr. *opheiléma*) debt; an obligation we owe
- Sins (Gr. *hamartia*) missing the mark; falling short morally
- Trespasses (Gr. *paraptóma*) an error, "slip up"; wrongdoing that can even be unconscious or non-deliberate

HOWEVER, there is a *proviso* or a *quid pro quo*:

forgive us our debts      IN AS MUCH AS WE have forgiven our debtors

forgive us our sins      IN AS MUCH AS WE have forgiven those who sin against us

forgive us our trespasses IN AS MUCH AS WE have forgiven those who trespass against us

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

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.

## **Forgiveness is a Process**

### **Stages of Forgiving**

3-dimensional-pains:

1. personal pains
2. unfair pains
3. deep pains

### **Forgiveness – Reconciliation – Restoration**

#### **Step One – Choose to Forgive**

#### **Step Two – Don't Cry Alone**



More steps to come, but for now...

### **HOMEWORK:**

- Focus on someone you need to forgive. Each day, offer the prayer below.  
Visualize the person and use his/her name in the prayer daily.
- Do the “Questions for Reflection and/or Action” between now and next week.
- Read, mark, learn, and inwardly digest every day the scripture from Colossians at the end of today’s handout.

### **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.

### **For Reflection and/or Action**

1. How have you felt when around people who can’t let go of a past sin against them and share it with all whom they meet?

If you were to become like that, how do you think others might feel?

2. How is not talking about your hurt with another person a form of denial?
3. Whom do you know that you can share your grief with?

Will they hold you accountable?

Will they keep you from getting stuck (see #1 above)?

**Colossians 3:12-13 (p 1431 RSV)**

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.

**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.