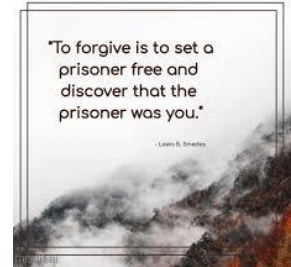


6.11.22

FORGIVENESS

A popular view in our secular society is that Forgiveness is weakness. This has led to a trend among more and more people to refuse to extend or seek forgiveness.



For most Americans, Christ's message of forgiveness is difficult to comprehend. This is because forgiveness is sourced deeply with the concept of walking through life with Jesus Christ and the Holy Spirit, and being grounded in compassionate, unyielding faith in God.

Forgiveness by nature is both Powerful and Passionate. Even the slightest pardon, reprieve, clemency, absolution, exoneration and mercy have a fundamental force, might and intensity associated with the act.

Forgiveness by definition provides peace to both the offender as well as the offended. It is the very heart of God's Gift of Love in our world. Consider the following:

- God knows our sins, but calls us by our name.
- The Devil knows our name, but calls us by our sins.



God recognizes that we are not the sum of our sins, weaknesses and iniquities, but judges us by the entirety of our lives. This includes our experiences, hopes, dreams and most of all, our willingness to live and walk our lives in Love.

Forgiveness does not change the past, but it does make the future more agreeable. While the original hurt and pain can be real. it is what we do with that hurt that is important. Recognize that one's distress over the imagined or real hurt can be cured through forgiveness. We are in control of our happiness.

It is important to put energy into looking for ways to achieve happiness, instead of wasting energy by continuously reliving negative experiences in our minds.

Forgiveness makes you stronger, happier and more at peace.

We will now view a powerful video in which Sammy Rangel describes his struggle to extend and appeal for forgiveness. Sammy, who died May 18, 2021, was the Executive

Director of the organization Life After Hate and the author of an autobiography, "Forebears: The Myths of Forgiveness"



HOLY SCRIPTURE

Matthew 7:3-5 Look Carefully Into the Mirror

Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own eye? How can you say to your brother, "Let me remove that splinter from your eye," while the wooden beam is in your eye? You hypocrite, remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye.

Luke 17:3-4 – Forgive as You Wish God Forgives You



Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him. And if he wrongs you seven times in one day and returns to you seven times saying, 'I am sorry,' you should forgive him.

The Gospel of the Lord

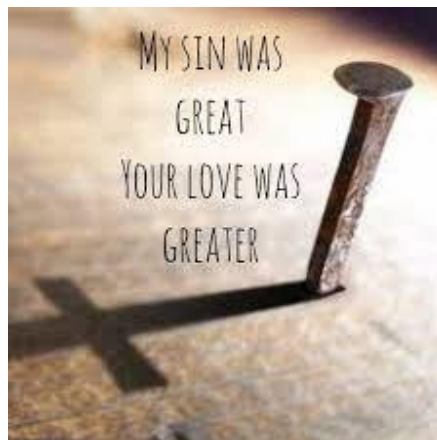
Catechism

2840 - Grace Through Forgiveness

...this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father's merciful love; but in confessing our sins, our hearts are opened to His grace.

2844 - Forgiveness: the Fundamental Condition of Reconciliation

Christian prayer extends to the forgiveness of enemies, transfiguring the disciple by configuring him to his the high point of Christian prayer. Forgiveness also world, love is stronger than



Master. Forgiveness is prayer; only hearts can receive the gift of bears witness that, in our sin.



MODERN COMMENT

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. Amen.

Just 56 small words, 231 strokes of a pen. First spoken in a culture that was largely illiterate, had no regular publications and handed down their history from voice to ear.

These wonderful words have been with us for over 2,000 years. They are full of love and contain wonderful instructions for living a full and blessed life



These words speak to our very hearts and are a powerful communication to God. He who is all knowing, all powerful and everywhere at once...right now, has been here forever and is infinite into the future. Yet, these tender words speak of forgiveness and mercy.

Henri Nouwen has said that to forgive another person from the heart is an act of liberation. We set that person free from the negative bonds that exist between us. We say, "I no longer hold your offense against you." But there is more. We also free ourselves from the burden of being the "offended one."

As long as we do not forgive those who have wounded us, we carry them with us, or worse, pull them as a heavy load.

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love?

These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

~ Henri Nouwen

michriluna.wordpress.com

QUESTIONS FOR DISCUSSION

1. How do you extend mercy to others? Does this reflect how God extends mercy to you? Explain.

2. If there is a person in your life that you need to forgive, what would you do differently in the future with regards to forgiveness?

3. Who is really paying the price for one's unwillingness to forgive? Explain.



PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray, and do thou,
O Prince of the heavenly hosts, by the power of God,
cast into hell Satan, and all the evil spirits,
Who prowl about the world seeking the ruin of souls. Amen.

Men's Group Calendar

A man who never quits is never defeated. We are ordinary men who labor for Christ.

| | | | |
|---------|------------------|---------|--------------------|
| 6/24/22 | PIANNING MEETING | 7:45 AM | MeetingRooms 2 & 3 |
| 7/9 /22 | MEN'S GROUP | 7 AM | Mass |
| 7/22/22 | PLANNING MEETING | | |
| 8/13/22 | MEN'S GROUP | | |