

Title: *Living the Life of Forgiveness*

Scriptures: Psalm 130, Matthew 18:21-35

The new life Jesus came to give us includes the life of FORGIVENESS.

Forgiveness is big in the Bible. Just think of David, or Peter, or Paul, or the woman caught in adultery. Without forgiveness, none could go on to live faithful lives. And the same is true for us. Without forgiveness we are doomed. We want and need forgiveness for what we've done wrong. We need to forgive others who have hurt us. And we need to ask forgiveness of those we've hurt.

If it's so important, why is it so difficult? Because it goes against the grain – ours, and society's. We hate to admit we've sinned, we hate to ask forgiveness – it's humiliating. And we'd rather be angry, and retaliate. We like to hold grudges.

But following Jesus means we must forgive. Here are some tips that make it easier to forgive:

1. Take your hurt to the Lord. Pour out your feelings, your hurt, your anger. Release it as best you can.
2. Ask God's help to release it. You are not alone.
3. Ask a friend or pastor's help. We do not have to walk this path alone.
4. Think a moment about all Jesus suffered to make the gift of forgiveness possible.
5. Think for a moment about all that Jesus has forgiven you.
6. Think for a moment about how much Jesus loves you. Let yourself be loved by Jesus and his people.

May we live the life of forgiveness Jesus suffered so much to bring us.