

Tuesday, March 9, 2010

Matthew 18: 21-35

“Lord, if my brother sins against me, how often must I forgive him?” ...So will my heavenly Father do to you, unless each of you forgives his brother from his heart.

My interpretation of what Jesus is telling us is that we need to forgive with our whole heart, not just say the words. Jesus is telling us to reach into the depths of our heart's to forgive. When we forgive, our heart needs to let go of the hurt, move on, and experience growth.

In my own life, this has been a struggle at times. I find talking to someone, venting or seeking professional help to overcome the hurt is needed to be able to forgive. A spiritual adviser helped me sort out a hurt I had with someone. I felt the weight lifted so that I could move on. I do not want bitterness in my heart towards anyone. The Sacrament of Reconciliation lifts the weight of our sins from us and allows us to be free to love and to forgive.

How can I experience God's love and true compassion if I can't forgive someone who has hurt me? Whom do I need to forgive?

*Dear Heavenly Father,
I pray for the grace and strength to forgive with all my heart.
Help me, to not be afraid to reach out and seek help.
Amen.*

Kathy Merrell