

## Week 2 | Forgiving

### Begin with prayer

Find a quiet place and stand still for a moment. Dedicate your journey today to God, asking him to speak to you as you read, pray and walk.

*Lord, grant that I may always allow myself to be guided by you,  
always follow your plans and perfectly follow your holy will.  
Grant that in all things great and small,  
I may do whatever you require of me.  
May your will be done in time and in eternity,  
by me, in me and through me. Amen*

Teresa of Ávila



### Matthew 18:21-22

*Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.'*

Forgiveness is a wonderful, healing, life-transforming gift won for each one of us and presented to us freely and endlessly. But we must make space for this gift, for it will change our attitudes and our lives if we use it properly.

### Reflect

Forgiveness doesn't depend on restitution, it doesn't require that others acknowledge their own sin before we forgive them. That is wonderful when it happens, but it is not a requirement.

Forgiveness is not an action; it is a process.

Much like its sister, repentance, forgiveness needs to be lived; it needs to be taken up each day and implemented in every word and action. Forgiveness does not involve judgement, only mercy, and a constant awareness that although none of us are worthy, every one of us is invited to the feast.

### Questions

Ask yourself some hard questions: Who do you find it hard to forgive? Why is this? How transactional is your method of forgiveness – do you need a quid pro quo? What are you waiting for before you forgive?

### Prayer

*Dear Lord and Father of mankind  
Forgive our foolish ways.  
Reclothe us in our rightful mind  
In purer lives thy service find  
In deeper reverence praise.*

John Greenleaf Whittier

'God writes the gospel not in the Bible alone, but on trees and flowers and clouds and stars.'

Martin Luther

Evidence that God's love extends throughout his creation is found in the entire Bible, rejoicing in the capacity of nature to reveal not only God's love for the world and those who inhabit it, but also God's endless creativity and imagination. Jesus constantly uses examples taken from nature to illustrate aspects of God's kingdom and our own behaviour within it. We are taught to appreciate landscapes and to learn from the details of flowers and the behaviour of birds.

As you journey today, let your senses be filled with wonder at your surroundings, so that you learn from and rejoice in the gifts of the natural world.

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