



# Title: Forgiveness

## Matthew 17:1-9

Six days later Jesus took with him Peter and the brothers James and John and led them up a high mountain where they were alone. As they looked on, a change came over Jesus: his face was shining like the sun, and his clothes were dazzling white. Then the three disciples saw Moses and Elijah talking with Jesus. So Peter spoke up and said to Jesus, "Lord, how good it is that we are here! If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah."

While he was talking, a shining cloud came over them, and a voice from the cloud said, "This is my own dear Son, with whom I am pleased—listen to him!"

When the disciples heard the voice, they were so terrified that they threw themselves face downward on the ground. Jesus came to them and touched them. "Get up," he said. "Don't be afraid!" So they looked up and saw no one there but Jesus.

As they came down the mountain, Jesus ordered them, "Don't tell anyone about this vision you have seen until the Son of Man has been raised from death." Then the Devil left Jesus; and angels came and helped him.

### Scripture

Jesus, our Good Shepherd, walk with us through this season of Lent.

As we make our journey with you to the cross, remind us to think of others; inspire us to be generous; encourage us to be truthful; and strengthen us on our journey.

**Amen**



Loving Father, we ask you to forgive us for all the wrongs we have done. Forgive us for the things we should have done and did not do. Help us to be sorry when we do not do what is right and help us to try even harder to do better.

**Amen**

## Pray for:

- those without enough food or water.
- those embittered by the inability to forgive.
- the courage to forgive.
- the strength to stick to our Lenten challenges.

Focus on  
one each  
day

Dear Lord,

We are the seed of Notre Dame and we can grow together as a family if we love our neighbours the way God taught us to.

Our college Mission Week helps us to have faith to accept that with his gift nothing will be impossible so we can truly live out St Julie's message to "do small things with great love".

St Julie and Françoise pray for us, protect us and bless us.

**Reflect:** You can't have failed to notice that one of the major themes of Lent is forgiveness; you heard it on Ash Wednesday, you will hear it in Year Group Collective Worship this week - slightly different but the same message: God, our ever loving Father, hurts when we hurt others, hates it when we turn away from him through our actions towards others, but he waits, ready to forgive and welcome us back. It is so difficult to forgive, to let go of the pain caused and move on, but if we expect to be forgiven when we mess up we have a responsibility to try our very best to forgive when others do! Lent is about challenging ourselves in lots of different ways. We know we must try to do the RIGHT thing and not the EASY thing, forgiveness certainly comes into that category. Fortunately for us we have wonderful examples of forgiveness, starting with Christ who, when dying on the cross, asked God to forgive those who put him there.

- Do you know of others who have forgiven in really tough circumstances?
- Are you holding onto grudges or failing to forgive? How can you begin to let go?

Lord, help us not to think too highly of ourselves, and not to despise others. Help us to look at ourselves honestly, to be ready to admit our own faults, and to show more understanding of other peoples'. **Amen**

## Prayer in action this week:

- Make peace.
- Ensure your words/actions don't stir up trouble.
- Make a commitment to DO something for Lent.
- Spend some time in silence.
- Forgive. Let go of grudges.

Heavenly Father, we are sorry that so often we fall short of the standards you set for us, for we are sometimes selfish, inconsiderate, greedy, unkind and lazy. We thank you that you are a loving and forgiving father. Give to us clean hearts and the strength we need to live more like our Lord and Saviour Jesus Christ. **Amen**

Lord, I am sorry for all my failings and the faults that break the trust between me and others. Forgive me Lord, for the way I have ignored your friendship. Help me to put right what has gone wrong, and live closer to you in the days ahead. **Amen**

Lord, may we live in such a way that we help others to experience success, as well as praising them for the good use of their abilities. Stop us from judging people or jumping to conclusions about them, but lead us to respect and accept others for who they are, focusing on the positive rather than the negative. **Amen**

### **Forgiveness story 1:**

In 1981 Pope John Paul II was being driven round in his open-topped 'Pope mobile' in St Peter's Square in Rome, where about 10,000 people were gathered to see him. He was blessing the crowd when a gun man opened fire and hit the Pope with four bullets, also wounding two other people. Cardinal Hume said in London, "He is now at one with the countless victims of violence of our day. He, like them, has now followed in the footsteps of a Master who was himself so cruelly and callously tortured and killed. He, like his Master, refuses to condemn, and is ready to forgive." Two years later the Pope had a private meeting in prison with his would-be murderer. Pope John Paul later said, "I spoke to him as a brother whom I have pardoned."

**"Let all bitterness and wrath and anger and clamour and slander be put away from you, with all**

**malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you."**

(Ephesians 4:31-32)

**"Forgive and you will be forgiven"**

(Luke 6:37)

**"Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us."**

(Matthew 6:12)

Lord, as we press ahead with our Lenten Challenge: help us to be creative in imagination, help our spirits to be generous and help our community join together in the spirit of love so that we can make a difference to the lives of our brothers and sisters both near and far. We ask this in your name, **Amen**

### **Forgiveness Story 2:**

*An extract from the story of Corrie Ten Boom, called "The Hiding Place" Corrie had been held in concentration camps during the Holocaust at the time of the Second World War.*

It was at a church service in Munich that I saw him, a former S.S. man who had stood guard at the shower room door in the processing centre at Ravensbruck. He was the first of our actual jailers that I had seen since that time. And suddenly it was all there – the roomful of mocking men, the heaps of clothing, Betsie's pain-blanching face. He came up to me as the church was emptying, beaming and bowing. "How grateful I am for your message, Fraulein." He said. "To think that, as you say, He has washed my sins away!" His hand was thrust out to shake mine. And I, who had preached so often to the people in Bloemendaal the need to forgive, kept my hand at my side. Even as the angry, vengeful thoughts boiled through me, I saw the sin of them. Jesus Christ had died for this man; was I going to ask for more? Lord Jesus, I prayed, forgive me and help me to forgive him. I tried to smile, I struggled to raise my hand. I could not. I felt nothing, not the slightest spark of warmth or charity. And so again I breathed a silent prayer. Jesus, I prayed, I cannot forgive him. Give me Your forgiveness. As I took his hand the most incredible thing happened. From my shoulder along my arm and through my hand a current seemed to pass from me to him, while into my heart sprang a love for this stranger that almost over-whelmed me. And so I discovered that it is not on our forgiveness any more than on our goodness that the world's healing hinges, but on His. When He tells us to love our enemies, He gives, along with the command, the love itself.

Father, through our observance of Lent, help us to understand the meaning of your Son's death and resurrection, and teach us to reflect it in our lives. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. **Amen.**

Loving God, you give us the gift of Lent that we might recall how deep your love is for us. During Lent, help us to let go of habits and behaviours that are self-destructive. Strengthen our understanding of one another and our compassion for those who suffer rejection and cruelty. Help us to reach out in kindness to those who are unhappy. **Amen**