

# SALT & LIGHT

*Build character and stand up for what you believe*

## **FORGIVENESS**

**So your friends turned on you right when you needed them. Or maybe someone you really care about just hasn't come through. They haven't lived up to your expectations.**

**You want to move on, but something is holding you back. In fact it's starting to affect other parts of your life...  
Could be time to let bygones be bygones.**

### **Know Yourself**

What do you do when someone wrongs you? How do you act towards that person? Are you the type to hold grudges—or can you easily forgive? When you forgive do you forget? Or do you think that there are times to remember the past events? Why or why not?

### **Know the Word**

**Read:** Matthew 18.21-35

1. How many times did Jesus say someone should forgive a person?
2. What did the king do the first time he saw the servant who owed him money?
3. Why did the king finally end up throwing his servant in jail?

**Remember It!:** *"Peter came up to the Lord and asked, 'How many times should I forgive someone who does something wrong to me? Is seven times enough?'" Jesus answered: 'Not just seven times, but seventy-seven times!'"*

Matthew 18.21-22 (CEV)

**Read More!** (if you dare): Matthew 5.38-42; 2 Corinthians 2.5-7; Colossians 3.13

### **Know Others**

Despite the hardships he has faced, Darden has forgiven those who called him a traitor. "For those who did things to me and to my family, I've forgiven them. I've pretty much put it all behind me and I've just moved on, because life is too short, and the damage that harboring ill will toward other people can do to me as a person, as a Christian, to me, my spirit, it just isn't worth [it]," he says. —Christopher Darden was prosecuting attorney for the O.J. Simpson trial

(Source: peoplelikeus.org. Views of the publication do not necessarily reflect those of American Bible Society.)

### **The Choice Is Yours**

What would you do if God's love wasn't unconditional? Where would you be if God had not forgiven you of your sins? Now is the time to release any hard feelings that you have against someone. Make today the day that you make amends. Write the letter or make the phone call that you need to make. And be on your way towards a healing relationship.