



"If God be for us,  
Who can be against us?"

(Rom 8:31)

**Realities & Actualities**  
GIVE US THIS DAY OUR DAILY BREAD

"Lord, to whom shall we Go?  
You have the words of eternal life.  
And we believe and are sure that  
You are that Christ, the Son  
of the living God"

(John 6:68-69)

# What does "FORGIVE & FORGET" in CHRIST mean?

"Who can say, *"I have made my heart clean, I am pure from my sin?"* (Prov 20:9).

*"If we say that we have no sin, we deceive ourselves, and the truth is not in us"* (1John 1:8).

Can anyone brag being without sin? Everyone fully knows what he/she is guilty of. St. Paul gives a brief list of what humans are capable of, which translates in **the cruel stone cold relationship humans have among themselves**. Regardless if we commit one or all of these vices, the fact remains as St. James says: *"For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all"* (Jam 2:10).

*"And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient. Being filled with all unrighteousness, fornication, wickedness, covetousness, maliciousness; full of envy, murder, debate, deceit, malignity; whisperers, backbiters, haters of God, despiteful, proud, boasters, inventors of evil things, disobedient to parents; without understanding, covenant breakers, without natural affection, implacable, unmerciful, **who knowing the judgment of God, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them**... Knowing this, that the law is not made for a righteous man, but for the lawless and disobedient, for the ungodly and for sinners, for unholy and profane, for murderers of fathers and murderers of mothers, for manslayers, for whoremongers, for them that defile themselves with mankind, for men stealers, for liars, for perjured persons, and if there be any other thing that is contrary to sound doctrine"* (Rom 1:28-32+1Tim 1:9-10+1Cor 6:18).

Then, we have to conclude with St. Paul:

**"For all have sinned, and come short of the glory of God"** (Rom 3:23).

Let us revisit the fundamental premises of Christian **"Forgive & Forget"**:

## 1) **Self-Examination & Self-Forgiveness:**

*"I commune with mine own heart: and my spirit made diligent **search**"* (Psa 77:6) *"I applied mine heart to **know**, and to **search**, and to **seek** out wisdom, and the reason of things, and to know the wickedness of folly, even of foolishness and madness"* (Ecc1 7:25). **Then we should pray "Search me, O God, and know my heart: try me, and know my thoughts"** (Psa 139:23), because *"Shall not God search this out? **For He knows the secrets of the heart**"* (Psa 44:21)

## 2) Do unto others as you would them do unto you:

*"He/she that is without sin among you, let him first cast a **stone** at her/him."* (John 8:7)

*"How will you say to your brother/sister, "Let me pull out the mote of your eye, and, behold, a beam is in your own eye. You hypocrite, first **cast** out the beam out of your own eye; and then shall you see clearly to **cast** out the mote out of your brother/sister's eye."* (Matt 7:4-5).

## 3) Better understanding of the "Our Father" prayer

In the "**Our Father**", Jesus taught us to repeat, "*And forgive us our sins; for we also (already) **forgave** (the right word in the original Greek and not the translations) every one that trespassed against us"* (Luk 1:4) and **not we forgive or will forgive**. Jesus did not say I will forgive your sins, which He appropriately was capable of, but He died first on the Cross and already forgave us through His unconditional love to atone for our transgressions, past, present and future, "*Has commended His love toward us in that, **while we were yet sinners Christ died for us**"* (Rom 5:8). Before we can recite the "**Our Father**", we must have already forgiven and forgotten to mean it "*And when you stand praying, forgive, if you have ought against any that your Father also which is in heaven may forgive you your trespasses"* (Mar 11:24-25). It is quite surprising to see people praying the "**Our Father**" and "**receiving communion**" when the whole world knows that they hate their brother, sister and neighbor and those who disagree with them or those who do not follow or accept their lifestyles or behavior. Are we lukewarmly instead of wholeheartedly forgiving and forgetting hoping to atone for our continued wrath and hatred in flagrant defiance and disobedience of God's decrees?

## 4) Double-Mindedness & Wavering

Double minded people may succeed in forgiving but do not forget, which is contrary to Christian **CHARITY**, **FAITH** and **HOPE**. As Christians, when **we forgive**, we practice **CHARITY** towards one and all including self, and when **we forget**, we confirm our **FAITH** in God's unconditional forgiveness, we "*cleanse our hands, and purify our hearts and thoughts"* (Jam 4:8) and we place people's trespasses, hurts, insults and injuries behind us like God the Father did with our own sins to remember them no more (Heb 8:12). Then **HOPE** assures us of God's reward: "***Well done good and faithful servant. enter you into the joy of your Lord**"* (Matt 25:21).

## 5) How many times shall we forgive?

*"Then came Peter to Him, and said, "Lord, how often shall my brother sin against me, and I forgive him? Till **seven times**?" Jesus said unto him, "I say not unto you, "Until **seven times** but until **seventy times seven**"* (Matt 18:21-22).

After all this exposé, you might say we are humans and humans can bear and forgive and forget and turn the other cheek to certain point. Jesus understands that certain strangers hurt us, one can avoid them, but since most of our grief comes from our close circle of family, friends and acquaintances, it is very hard to ignore and avoid. I agree with you but Jesus did not say not to get angry and react or face but **to carry your cross and crosses like Him**, as He gives the right way to handle our brothers/sisters/neighbors: "*For if our heart condemns us, God is greater than our heart, **and knows all things**"* (1John 3:20):

*"Let your speech be always with **grace**, seasoned with **salt**,  
that you may know how you ought to answer every one"* (Col 4:6).

*"**Be you angry, and sin not: let not the sun goes down upon your wrath**, Neither  
give place to the devil... But exhort one another daily, **while it is called today**; lest  
any of you be hardened through the deceitfulness of sin " Because, You are of God,  
little children, and have overcome them **and because Greater is He** (the Holy  
Spirit) **that is in you, than he** (the devil) **that is in the world"** (Eph 4:26+Heb 3:13+1John 4:4).*

***"But when you sin so against the brethren,  
and wound their weak conscience,  
YOU SIN AGAINST CHRIST"** (1Cor 8:12).*