

Deeply Rooted Week 9: Forgiveness Liberates

Scripture: [Matthew 5:43-48](#)

Video Lesson:

<https://vimeo.com/642589688>

Our Prayer:

Loving God, just as you so readily forgive us of our sins and mistakes, we pray that we offer forgiveness where we fall short and accept forgiveness when others do. May any grace and mercy we show lead to healing and justice. Amen.

Memorable Quotes:

"To forgive another person from the heart is an act of liberation. We set that person free from the negative bonds that exist between us." — Henri Nouwen, *Bread for the Journey*

"To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you."
—C.S. Lewis, "[On Forgiveness](#)," in *The Weight of Glory*

Questions for Reflection:

- What word or phrase stood out to you in today's scripture or video? Why?
- Why do you suppose Jesus was so insistent that His followers must forgive and reconcile with one another?
- What does Jesus mean by "perfect" when He says "Be perfect, therefore, as your heavenly Father is perfect"?
- Do you find it harder to forgive yourself or to forgive others? Do you find it harder to forgive large offenses or small daily infractions?

Practices to Adopt:

- Many times, Jesus says "Your sins have been forgiven" when He is healing people. Read [Luke 7:37-48](#) and [Matthew 9:1-8](#) and reflect on this pairing of physical healing with spiritual forgiveness.
- Pray this week's prayer (above).
- Write down the names of people or situations in your life that are not reconciled, whether they have harmed you or you have harmed them. Pray and ask God to give you the strength to move towards forgiveness.

Resources to Go Deeper:

Bible Project (["Khen" Grace](#) video, or "[Who Can Forgive Sins?](#)" and "[Forgiveness](#)" podcasts)

The Forgiveness Project: [Collected stories](#) and [The F-Word](#) podcast

["Eight Keys to Forgiveness"](#) by Robert Enright

["On Forgiveness"](#) by C.S. Lewis ([Video narration](#))

[The Wounded Healer](#), by Henri Nouwen

[Forgiveness: Breaking the Chain of Hate](#), by Michael Henderson