

Forgiveness

We know the truth: we are commanded to forgive; withholding forgiveness can be harmful to our well-being. Yet, even knowing these realities, sometimes we choose to withhold forgiveness. The operative word is “choose.” We have the freedom to choose to forgive. But a lot of times that is a difficult choice to make. Usually, the desire not to forgive is the result of finding ourselves in circumstances where we have been hurt, rejected, or disappointed. And, while your circumstances are hurtful you have every reason to feel hopeful. God would not give us a command we were not able to accomplish. Most people enter their adult years not emotionally prepared to forgive someone that has hurt them. Being told, as a child, to forgive others is not the same as having the desire in your heart to forgive that person. And, God is more interested in our heart. Even, knowing this, the path to forgiveness is rarely simple or quick. If you or someone you are concerned about is being affected by a feeling of unforgiveness, please go to libertypark.org/biblical-counseling for help.

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