

13th Sep. 24th Sunday in ordinary time.
Readings: Sir. 27:30-28:7, Rom 14:7-9 and Mt 18:21-35

REFLECTION: “THE ART OF FORGIVENESS”

“Forgive your neighbour’s injustice; then when you pray, your own sins will be forgiven”. Today’s readings help us to understand the “art of forgiveness.” Many physicians and researchers in the field of medicines have attributed – lack of forgiveness is one of the key reasons for physical, emotional and psychological ailments. Today’s first reading beautifully highlights that we cannot foster anger within us and expect healing from the Lord rather we should set enmity aside, cease from sinning and overlook others faults. In the Gospel “the art of forgiveness” is again beautifully described through the parable of the unforgiving servant that God is immensely gracious, full of love and compassion. Yet we cling to petty differences and condemn others who might have wronged us. Can we expect forgiveness and healing when we cling to vengeance and anger? We must try to bring healing in our lives and in the world by becoming the agents of forgiveness and compassion.

Let us never forget the simple fact: MERCY received is mercy to be shared; for FORGIVENESS is the Balm that heals the giver, while UNFORGIVENESS is the POISON that kills the holder. Forgiveness of God rescues us from being prisoned for our sins whereas being unforgiving towards others allows us being prisoned for their sins.

Prayer: Lord we pray that we may forgive those who hurt us thereby opening ourselves to experience your bountiful mercy and love.