

KEY VERSE:

*Be kind and loving to each other, and forgive each other
just as God forgave you in Christ.
Ephesians 4:32*



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BOOK SUGGESTION:

Why not consider getting this lovely hardback version of the Lord's prayer, which is easy to understand for children, and beautifully illustrated, it would make a lovely bedtime story / prayer.

It costs less than a cuppa!

<http://www.amazon.co.uk/dp/0745939015> or from Eden: <http://bit.ly/1PF4F15>



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FOUNDATION CAFÉ SERVICE

24th January, 2016

**The Lord's Prayer 4:
Forgive us our sins, as we
forgive those who sin against us.**



KNOW WHAT:

- Today is part four of our theme looking at the Lord's Prayer – a special prayer that Jesus taught to his friends.
- Over the past 3 weeks we have thought about God being our Father; that His name is special, and should be treated as such, that we should live according to God's will for us and rely on Him to provide for our daily needs.
- This week we focus on 'Forgive us our sins, as we forgive those who sin against us'.
- We know that Jesus died on the cross so that all our sin could be forgiven.
- In the same way we forgive others when their sin impacts us.
- 'The Unforgiving Servant' is a parable from Matthew 18 where a servant who is forgiven a great debt by his master then refuses to forgive someone who owes him a little. The master deals harshly with the unforgiving servant.

SO WHAT:

- Forgiveness involves letting go of the negative feelings we have when others have wronged us.
- Forgiveness is a choice we make: we can choose to receive God's forgiveness and we can choose to forgive others.

NOW WHAT:

- Let's reflect whether there are people we need to forgive.
- If you have difficulties in forgiving (or being forgiven) seek advice or help from a wise Christian leader.

BEN'S BLOG **Forgive and forget...**

What a trite cliché. I mean seriously, very few people forget the times they have been wronged. Most of us still remember the school playground where justice often seemed to elude us. And if you forget, then by definition you have forgiven... it's rare to find someone who won't forgive one person, but can't remember the reason they won't forgive the other!

I believe a far more biblical response is to forgive and remember.

As Christians we remember all that Christ has done for us. Every time we gather in church we remember, through songs and stories, the vast provision God poured out for those He loves. Each time we share in the Lord's Supper, we eat bread and drink wine to remember Jesus' death on the cross and resurrection to new life. And the reason for all this remembering is because we are forgiven people – and we certainly didn't deserve or earn our forgiveness. We remember we're forgiven because of what Jesus accomplished on the cross for us.

Likewise, in a fallen world where we will both upset loved ones as well as get upset by other people's actions, it's fundamental that we remember: remember what's gone wrong, and learn from it; remember what's gone on and seek forgiveness from those we have wronged (including God); and remember to offer forgiveness whenever we can. It's a conscious decision to say 'I forgive you'. It doesn't mean you were ever right. It doesn't mean that what you did no longer hurts. It doesn't mean that there is no fallout from what happened, but I choose to forgive you, just as I have been forgiven by God. Let's look for opportunities to forgive and remember this week.