

A forgiving heart reflects God's heart.

Dr, Frederic Luskin at Stanford (2003)

"Learning to forgive improves psychological and physiological wellness and offers protection against future upsets. Forgiveness training also leads individuals to become emotionally stronger, experience greater confidence, and be increasingly optimistic."

21 Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" 22 Jesus said to him, "I do not say to you seven times, but seventy-seven times.

Teshuvah: 'return,' repentance

Rabbi Jose ben Judah c.180AD says "if a brother sins against you once, forgive him; a second time, forgive him; a third time, forgive him; but a fourth time, do not forgive him."

Forgive freely and always.

To emphasize how God's forgiving nature should transform our unforgiving nature.

23 "Therefore the kingdom of heaven may be compared to a king who wished to settle accounts with his servants. 24 When he began to settle, one was brought to him who owed him ten thousand talents. 25 And since he could not pay, his master ordered him to be sold, with his wife and children and all that he had, and payment to be made.

26 So the servant fell on his knees, imploring him, 'Have patience with me, and I will pay you everything.' 27 And out of pity for him, the master of that servant released him and forgave him the debt.

28 But when that same servant went out, he found one of his fellow servants who owed him a hundred denarii, and seizing him, he began to choke him, saying, 'Pay what you owe.' 29 So his fellow servant fell down and pleaded with him, 'Have patience with me, and I will pay you.' 30 He refused and went and put him in prison until he should pay the debt.

31 When his fellow servants saw what had taken place, they were greatly distressed, and they went and reported to their master all that had taken place.

32 Then his master summoned him and said to him, 'You wicked servant! I forgave you all that debt because you pleaded with me. 33 And should not you have had mercy on your fellow

servant, as I had mercy on you?’ 34 And in anger his master delivered him to the jailers, until he should pay all his debt.

35 So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart.”

Colossians 3:12-17 So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

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