

**CLASS:** SS1  
**SUBJECT:** CHRISTIAN RELIGIOUS STUDIES  
**TOPIC:** FORGIVENESS  
**WEEK:** 8  
**TERM:** THIRD TERM

## CONTENT

1. Meaning of Forgiveness (2 Cor. 5:18-19; Heb. 8:12)
2. How to Receive Forgiveness for One's Own Sins (1 John 1:9-10)
3. Jesus' Teaching on Forgiveness (Matt. 6:12,14-15)
4. Paul's Letter to Philemon (Phil 1)
5. Why and how we Should Forgive Others
6. Effects of unforgiveness (Matt. 18:21-35)

### Meaning of Forgiveness

Forgiveness is a decision to let go or give up grudges, bitterness, and anger in your heart against someone who offend you. It is also an act of pardoning an offender. Forgiveness makes someone to reconcile and seek peace with the offender. There are three types of forgiveness:

1. Self-forgiveness
2. Forgiving others
3. Forgiveness from God.

### How to Receive Forgiveness for Our Sins

To receive forgiveness for our sins, we must do the following:

1. Realize that we have sinned
2. Accept the fact that we have sinned and repent of it
3. Confess it to God and ask for forgiveness

We should not pretend as if we did not sin when we sinned. If we do, John taught that we call God a liar and His word is not in us. This means that we sin the more

against God if we do not follow the three steps above. If we accept and confess, He will forgive us and erase our sins to make us look as if we have not sinned. He will cleanse us from all unrighteousness.

### **Jesus Teaching on Forgiveness (Matt. 6: 12, 14-15)**

Jesus taught in the book of Matthew that we should forgive others so that God also can forgive us. He taught that anybody who seeks forgiveness from God will be forgiven. Jesus wants us to forgive and make peace with our debtors and offenders. If we refuse to forgive people their sins, God will not also forgive us. Not forgiving others is a great sin before God.

### **Paul's Letter to Philemon (Phil 1)**

Paul began his letter to Philemon by thanking God for the love which he learnt Philemon had in serving the Lord toward the Church. Paul claimed that he had a right to command him to do his bidding but he would, rather, he chose to use persuasion in asking Philemon to accept back his former slave, Onesimus who had wronged him but had now become Paul's son in Christ. Onesimus had previously made himself useless to Philemon, but now as a Christian, he could become useful to both Philemon and Paul. He was, therefore, sending Onesimus back with love though he would have wished to retain him in his service in Rome. He, therefore appealed to Philemon, if he still regarded him as a partner in Christ, to receive Onesimus back as he would receive Paul himself. Paul also told Philemon to put to his (Paul's) account whatever Onesimus had taken (probably stolen) from him, for a refund.

### **Reasons why We Should Forgive Others**

We need to forgive others because of the following reasons

1. To receive forgiveness from God.
2. To avoid behaving in a wicked way through revenge
3. In order not to add more to our sins and lose our salvation
4. To restore our relationship between us and the person
5. We also have been forgiven by someone in the past and may still need to be forgiven in future

6. To remove the hurt and bitterness of the offence from our heart in order to be healthy.

### **How to Forgive Others**

1. Choose and decide to forgive the person.
2. Approach the person and talk about the offence
3. Tell the person that you have forgiven him
4. Try not to think about the offence again or the need to revenge
5. Pray to God to help you reconcile with the person forget the past.

### **Effect of Unforgiveness (Matt. 18: 21-35)**

Many people taught forgiveness is a difficult or impossible task. We have seen how God Himself forgave us and urges us to forgive others. If we live in unforgiveness, these are the effects.

1. Imprison our mind with bitterness and anger.
2. Dictate our actions by the unforgiveness because we will not want to do anything with the person.
3. Continue to be sinners before God.
4. End up in hell fire as sinners.
5. Be unhealthy because we will always think about it.
6. Fail to receive forgiveness from God for our own sins.

### **ASSIGNMENT**

1. Outline any three (4) lessons we can learn from the story of Paul and Philemon