

Talk: forgiveness

Forgiveness is sometimes **massively difficult**, especially when we've been hurt badly by those who you love deeply.

Joseph loved his family but jealousy, hate and envy initially got in the way for his brothers. But even after all that he went through, even after being sold into slavery by his brothers, after being accused of a crime he didn't commit, and being thrown into prison, Joseph decided that he wouldn't allow the past to dictate the sort of person that he should be.

And so, though he never actually says the words, 'I forgive you,' it's his actions that show that he has actually forgiven them. And in fact, Joseph shows real humility and grace, when he told them, ***“Do not be upset and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you...It was not you who sent me here, but God”***

(Pause)

We all struggle with forgiveness at some point in our lives, but holding on to anger, resentment and thoughts of revenge only cause suffering. When we do this, we become both the prisoner and the jailer.

The truth is forgiveness is for our own growth and happiness. Forgiveness helps us to remove pain from our hearts. Forgiveness also allows us to move on without anger, or to look for revenge. There are times when we don't feel like forgiving, but the truth is, we can't move forward in our own lives, particularly as Christians, if we are unwilling to forgive.

As the video said, ***“When deep injury is done to us, we never recover until we forgive. Forgiveness doesn't change the past, but it does enlarge the future.”***