# Love and Forgiveness

All individuals, at some point in their lives, have been hurt by the actions or words of another. They should not spend time thinking about how they will take vengeance, but rather choose to forgive. Robert Muller said, 'To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.'

The Bible contains many scriptures that encourage us to have a forgiving heart. In Matthew 6 verse 12, Jesus said that we must ask God to forgive the wrongs we have done as we forgive the wrongs that others have done to us. Jesus also said that we must forgive each other as often as
necessary – "seventy times seven." (Matthew 18:21)

There will be situations in life when it will be difficult to forgive someone for the wrong they have done. Persons who have been hurt or abused are sometimes very angry and find it hard to forgive. Sometimes individuals have to seek help from a parent, teacher, counselor or pastor before they can forgive others. Becoming a forgiving person takes courage. Individuals must be willing to forgive if healing is to take place.

The human heart must be opened and prepared to forgive others. This will allow individuals to forgive easily and quickly.

LIVEWORKSHEETS