

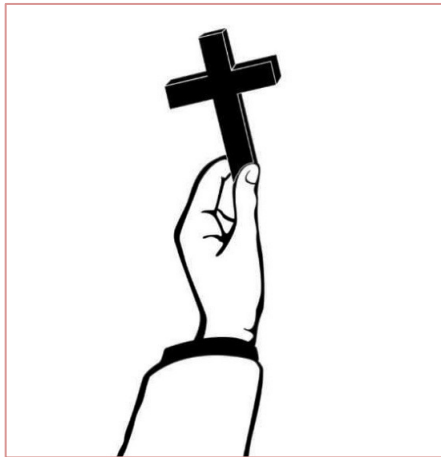
# LETTING GOD CHANGE YOU

## A Lord's Flock Praise & Worship Topic

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Jesus was crucified and yet He forgave the people who brought Him to the cross without hearing them ask for forgiveness. Likewise, through His crucifixion, we are forgiven without having to say we are sorry. Let us pray to Him to help us forgive others. Forgiveness makes healing possible. We can let God change us if we are more connected with Him and we listen to Him. We can help change the world if we start with changing ourselves.



### Forgiveness and Healing lead to Change:

1. Our hurts are products of certain hurtings. They may be caused our parents, siblings, or other family members. It could be as simple as a young girl longing for her mom. But it could also be a traumatic childhood experience (e.g. being kidnapped or abused).
2. We live with these hurts with fear (phobia), pain or resentment. A childhood hurt may affect our adult life and relationships.
3. It is normally our family that hurts us the most. A young boy who experiences rejection or neglect may grow up with a defense mechanism to protect himself.
4. Hurts may be inflicted by our parents or siblings (knowingly or unknowingly). The parents may be neglectful because they are busy with making a living. They may ignore traumatic experiences that can affect their child's emotional well-being.

5. We might not be aware, but we could also be hurting ourselves. Our high standards may cause disillusion and depression. Guilt is a heavy burden that affects our outlook in life. These are inner hurts that may cause us to hurt others.
6. It is the family that heals us the most. A parent who offers a delayed apology for a past offense to a grown child can start a healing process for the whole family.
7. Healing is only possible when there is forgiveness. There is transformation in the person, and this changes the way he/she deals with other people.
8. Forgiveness changes us and changes others around us, too.
9. After healing, a self-centered person becomes more considerate of others.
10. With forgiveness, we become constant healers.

### Conclusion:

Forgiveness is a gift. The Lord did not receive any "sorry" from the people when He was crucified on the cross. But, because He is the Lord of Mercy, He forgave them all. "Father, forgive them, they know not what they are doing" (Luke 23:34). This is also the Lord's gift to all of us – we are all forgiven. Let us pray that He will help us to forgive others, too. Let us allow God to change us by listening to Him more. Let us start changing ourselves and help change the world.

### Reflection:

1. Are you willing to let God change you? How can you be more connected to Him?
2. How can you forgive others who have not even said "sorry" to you?

#### SCRIBES Ministry

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<https://lordsflock.org/teachings/digests>

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