

Our Father | Episode 6: Forgive Us Our Trespases

PREPARATION

Two little words in the Our Father, “as we”, perhaps carry the most weight. Jesus makes it crystal clear; if we won’t forgive, then we won’t be forgiven. This is tough.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 6: Forgive Us Our Trespases.

- o <https://www.echocommunity.us/ctg6.html>

2. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 6:14-15

Luke 23:24

Matthew 5:7

Matthew 10:8

Matthew 18:15-17

Matthew 18:21-35

Ephesians 4:31-31

1 John 2:20-21

3. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.

- o **2838** This petition is astonishing. If it consisted only of the first phrase, “And forgive us our trespases,” it might have been included, implicitly, in the first three petitions of the Lord’s Prayer, since Christ’s sacrifice is “that sins may be forgiven.” But, according to the second phrase, our petition will not be heard unless we have first met a strict requirement. Our petition looks to the future, but our response must come first, for the two parts are joined by the single word “as.”
- o **2840** Now—and this is daunting—this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father’s merciful love; but in confessing our sins, our hearts are opened to his grace.

PREPARATION CONT.

- **2842** This “as” is not unique in Jesus’ teaching: “You, therefore, must be perfect, as your heavenly Father is perfect”; “Be merciful, even as your Father is merciful”; “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.” It is impossible to keep the Lord’s commandment by imitating the divine model from outside; there has to be a vital participation, coming from the depths of the heart, in the holiness and the mercy and the love of our God. Only the Spirit by whom we live can make “ours” the same mind that was in Christ Jesus. Then the unity of forgiveness becomes possible and we find ourselves “forgiving one another, as God in Christ forgave” us.
- See Also: **2839, 2841, 2843-2845**

“He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart.” - **St. Faustina**

“They will know we are Christians by our love.” - **Hymn: They Will Know We Are Christians**

SPIRITUAL FITNESS WORKOUT QUESTIONS

Warm-up Question:

What particular point(s) caught your attention the most in this episode?

Workout Questions:

1. Who do you relate more to in the Gospel story (Matthew 18:23-25), the unforgiving servant, or the lord who is angry over someone else’s lack of forgiveness? Why?

2. How do you think that having trust in Jesus will help you to forgive those who have hurt you?

3. What should the attitude of your heart be towards those who have hurt you? Read Ephesians 4:31-31.

SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. What should the attitude of your heart be towards those you have hurt?

5. Do you forgive others as Christ forgives you? What makes this great command of the Lord so difficult for you?

6. Is it possible to truly say that you love God, if you are carrying a huge burden of anger and lack of forgiveness in your heart? Review again 1 John 4:20-21.

7. Who in your life has shown you what true forgiveness is? How did they do that?

PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

I commit to becoming spiritually fit by

CLOSING PRAYER

Lord, I give myself to you now and always.
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.