

Lenten Reflection

Tuesday, First Week of Lent March 7, 2017



By Sister Linda Hylla, CDP

“If you forgive others, you indeed will be forgiven.” (Mt. 6:14)

In the school of life, there is no lesson more important than letting go of resentment, hurt and betrayal. The ego screams out, “I will get even and I will make you pay for a very long time.” In a culture where being number one, being right, and having the last word, forgiveness becomes a courageous act and often accompanied by the Grace of Providence. Just how do we forgive those who have offended us? From personal experience of being both hurt and responsible for hurting another, I have come to the realization of Providence active in my life. Both I and my offender are on the same playing field of humanity; we are equals in the quest for mercy and forgiveness. When the hurt penetrates to the bone marrow of our lives, the forgiveness happens in small steps. We call upon God and other trusted individuals who know our heart to help us transition to divine detachment with love. In my relationships, I am given the opportunity to examine my own judgements toward others. I continue to take a personal inventory because it is likely that those behaviors that I have that I do not like in others, trigger my own shortcomings and shadows that need light. Providence becomes visible through silence as we listen, suspending judgement and the need to control the outcome. We are not superior beings who hold others hostage with emotional blackmail. We are children of Providence and we trust that forgiveness will set us and others free.

What are you willing to forgive within yourself and others?

Think of a time when the Grace of Providence was made known to you through the forgiveness of another.

