

## **The Hardest Job of All**

### **Ready:**

“Therefore, as God’s chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another if anyone has a grievance against another. Just as the Lord has forgiven you, so you are also to forgive.” – Colossians 3:12-13

### **Set**

We have all been hurt by other people. Maybe a teammate has betrayed your trust, or a coach has used harsh words against you out of anger. In these moments of hurt, it is very easy to decide to hurt them right back.

When your emotions are running high, it’s easy to give in to the flesh’s desires and sin against them. Instead, God calls us to do something even harder: forgive. Not only does He call us to forgive, but He calls us to be kind, compassionate and patient.

If this seems impossible, you are right; it is impossible to do alone. The only way a sinful human like us could achieve this level of forgiveness is by looking to the power of the Holy Spirit to move us toward grace, forgiveness and love for this person. We must rely on His power to soften our hearts and help us love them. Colossians sets a high bar for forgiveness by saying if God has forgiven all that you have done, then you should also forgive the people who have hurt you.

God has all the reasons in the world not to forgive us but chooses to do it daily. We, too, must wake up and choose each day to forgive and love the people in our lives.

### **Go**

- What stops you right now from forgiving someone, maybe a teammate, who has hurt you?
- What must you ask to receive more from the Holy Spirit to start forgiving?
- What are some healthy ways to set boundaries after forgiveness has been extended?

### **Workout**

Matthew 18:21-22

Ephesians 4:32

### **Overtime**

“God, You set the perfect example of forgiveness. Each day, You forgive us of our sins and continue to love us unconditionally. Help us look to You for our example and rely on the power of the Holy Spirit to move us toward true forgiveness here on earth. We pray for the people who have hurt us that they, too, will desire unity over strife. We ask all these things in Your mighty name. Amen.”



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