

## ***“as we forgive those who sin against us”***

“Forgiveness is at the heart of the Christian faith; it’s what it is all so earth-shatteringly about.” - Stephen Cherry

Being free. Free from rancor, rage, resentment. Free to love....

“There is a hard law.. that when a deep injury is done to us, we never recover until we forgive” – Alan Paton

“Forgiveness frees us from walking the treadmill of the past” – Richard Holloway



“Forgiveness is not a pancake manoeuvre.  
You can’t just flip your feelings.”

—

Liberian priest

## **The Teaching of Jesus: – Be a person of forgiveness**

“Forgiveness is not an easy answer or a quick fix. It is agony. However, it is not merely agony – it is *healing agony*.”  
- Stephen Cherry