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### How do you see the idea of 'forgive and forget'?

'Forgive and forget' is an English phrase, but it is not a biblical concept.

In Jeremiah God promises, 'I will remember your sins no more'. But that doesn't mean he forgets. God doesn't forget; he chooses not to remember. And that's very different to forgetting.

Some people say, 'I can't forgive until I can forget', but the reality is that they may never forget. God doesn't forget; he chooses not to bring up the subject again or use it against us.

### What is forgiveness?

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God loves us so very much that he sent his one Son into this world to die for all our sins, to take the full punishment for all our sins, so that we could be forgiven. The Scriptures teach that God made him who has no sin, that is, Jesus, to become sin for us, so that we might become the righteousness of Christ. When God looks at us he doesn't see all the sin that we've done but he sees his Son's righteousness.

We are forgiven. And now we have the privilege of sharing that same gift with others who sin against us. On our own we have no authority to forgive because we're sinners also. But because God has forgiven us and we've received that wonderful gift of forgiveness, we can share that gift with others. We forgive because God has forgiven us.

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**See page 39 for details about the Lutheran Media interview with Ted Kober on 30 May.**

conflict? How can I serve others who are seeing this conflict we're in?

The third opportunity is: How can I grow to be more like Christ? In this conflict I can grow more hurt and angry, so I need to learn to be more like Christ.

God promises that he can help us to use our conflicts as opportunities to glorify him, serve others and grow more to be like Christ.

### What are the 7 As of forgiveness?

When someone says, 'I'm sorry', they can mean one of two things: I'm sorry I got caught; I'm sorry I'm going to suffer consequences; I'm sorry this is inconvenient for me; or they can mean: I'm sorry I hurt you and that I sinned against God and against you.

But how can you tell someone you're sorry? How can you express godly sorrow instead of worldly sorrow? These seven As can help us. The first one is to **Address**

**everyone involved.** Talk to anyone that you've hurt in this conflict.

The second one is to **Avoid words like 'if', 'but' and 'maybe'** because these simply excuse the conflict and help you to blame someone else.

The third one is to **Admit specifically.** Say specifically what you've done to hurt other people.

The fourth one is to **Acknowledge that you've hurt the other person** in what you've said or what you've done. That way they'll know that you understand what you've done wrong.

The fifth one is to **Accept the consequences.** Realise that even if the other person forgives you, there may be consequences of your words or actions.

The sixth one is to **Alter your behaviour.** Otherwise the person might expect you to do the same thing again.

The last A is **Ask for forgiveness.** Even a perfect confession doesn't deserve forgiveness. Forgiveness is always a gift, so you ask for it and wait.