

Five Things On Forgiving  
Lewis Smedes

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At the very beginning of reading the article, my attention was steady and focused on the words shared by Lewis Smedes. It is evident that forgiveness is one of the elements that rule the heart and mind of human beings. It is cleared that if we Have learned to forgive other for their wrongdoing, the world would have been a better place. Folks track down vengeance and would not stop until it is served. So, as human beings we develop a passion for hatred because we find it difficult to forgive. It is easier to hate than to forgive. Even for Christians, it is difficult to forgive others. As a result, the house of God is full of hypocrisy. Folks hold on to grudges and refuse to forgive others. Though the word of God commends us to love and forgive others, the act of forgiveness is quite challenging anyone despite being a Christian. So, the evidence is clear, forgiveness is something that we struggle with daily; nonetheless it is imperative to do so.

Lack of forgiveness creates more pain than the act of wrongdoing. Lewis stated “Do you want to spend the rest of your life with a pain that you did not deserve to get in the first place? Or do you want to be rid of it, healed, freed from it, so that you can go on with your life without that painful memory shadowing you?” This statement can’t be any more comprehensive than that, lack of forgiveness can hunt you down. It can control your mood and your health. Keep thinking about how wrong someone does to you, may keep you up at night and can may keep you from trusting people ever. It is one of the enemy’s greatest tools to keep us divided. If we learn how not to forgive, then we will never be at peace with each other.

Among the five key ingredients on forgiving, the one that stood out for me is “forgiving is a journey”. Forgiving does not work over night. It takes time to learn to forgive someone who does you wrong. Sometimes, the pain is so great that it may take a lifetime to get through it. The

important aspect of this journey is not how long it takes but that you are making the journey to forgive. As long as you are in the journey then you are on the path of healing.

Folks tend to forget that we are not perfect beings. Though we were created perfectly, due to the nature of sins we become imperfect and are subject to sins. My point is simple, we constantly make mistakes. Some of the mistakes we make are hurting one another, purposely or not. The church needs to adapt to that reality that we are not yet in heaven and need to stop looking at Christians as if they are sinless. Once the Church adapts to that notion, then the road to forgiveness begins.

For me, I have learned not to have high expectations from people because we are human. With that, it does not surprise me when someone does something wrong to me. Though I get upset when someone fail me, but I learn not to dwell on it simply because we are not perfect and are constantly making mistake. Lack of forgiveness is a disease and can remain uncured unless we treat it with love.

**References:**

Lewis Smedes, *Five Things Everyone Should Know About Forgiving*  
([www.xp3students.org](http://www.xp3students.org): The rethink Group, Inc, 2009)