

## A reflection on forgiveness

*“Love your enemies and pray for those who persecute you...” (Matthew 5:44)*

How do we love our enemies? How did Jesus love his enemies? What were his words on the cross? “Forgive them, for they know not what they do.” (Luke 23:34)

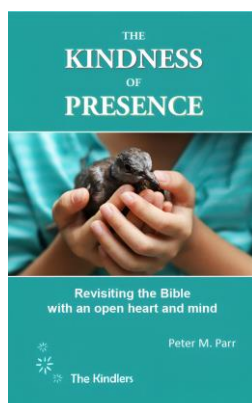
When I have an unkind thought about someone, or when I am tempted to judge them, let me say in my mind, ‘I am in God and God is in me. Love is my essence, my truth and my being’. Then, let me say, as I think of the other person, ‘You are in God and God is in you. Love is your essence, your truth and your being’.

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As I practiced this meditation one evening, holding in mind a person with whom I’d had a disagreement, fresh words came to me...

*‘We are in God and God is in us. We share the same Essence. We share the same Source. God loves us both with equal love.’*

An image came to me then of Jesus, standing with one arm around the person who I’d been holding a grievance against. With his other arm, he beckoned me to join them in a three-way embrace. Truly, that which unites us is greater than what divides us, for what unites us is our very Being.



From the book *The Kindness of Presence* by Peter M. Parr.  
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