

Letting It Go and Forgive

by K.P. Yohannan

The sermon emphasizes the importance of forgiveness and kindness as essential components of a Christian life, rooted in God's mercy towards us.

Duration: 14:12

Scripture: Proverbs 19:17, Matthew 5:44, Luke 6:31, Romans 12:10, Galatians 5:22-23, Ephesians 4:32, Colossians 3:12

Topics: "Forgiveness"

Description

In this sermon, the speaker emphasizes the importance of treating others with kindness and love, as they are immortal beings who will be with us for eternity. The speaker encourages the audience to forgive and let go of grudges, as this leads to peace within oneself. The sermon includes a story about a man with dementia who can't remember anything except for the name of a student who showed him kindness. The speaker acknowledges their own shortcomings in practicing kindness but urges the audience to be kind to their family, neighbors, and those less fortunate.

Transcript

God is concerned about the invisible part of our being. Things we hear, things we can see, things we do and others do, we can make decisions on that or at least we can respond. But God works in a different dimension, such as for us, someone to be called a murderer, somebody who kills someone.

There is broken bones and blood and, you know, chopping their hands off and poison to death and all kinds of things, the images are many, but for God says you don't need to do any of these things and you can be a murderer just by hating someone. And one of the more serious instructions that we have from the Lord is when you come to the Lord's table, Holy Communion, you want to make sure that you hold nothing against anyone. Now this is an easy statement to make, but you and I know, all of us have been hurt numerous times by people, could be parents, your teachers, doctors, nurses, friends, family members.

I can write a whole book about the betrayals and pain and things I faced in my life and still face. To the extent, will you believe it or not, sometimes the pain of betrayal and agony was so great, I wished I could die. I don't think that is true for many people, but with our same culture background, there is no doubt in our mind there are sisters sitting here, brothers sitting here, older people, that you hate, you literally hate when those memories come back to you when you were 3 years old, 5 years old, 7 years old, when that thing happened to you and you run away as fast as possible because they cause pain.

But then, how do we find answer to this? See, God is in the business of making our life better, healing the sick, setting the captives free and He rose again from the dead and He gives us this opportunity to live a different life. And one of the key to everything is basically saying, I let go, I forgive. Sometimes I do that every single day and 20 times, but it's worth doing it.

And one of the key I found that helps you maybe, I'll tell you, I have a simple prayer that I pray with the prayer beads I carry on my wrist. Which I'm not telling you how to do that, you can find your own way of doing that. And I mentioned this to you before, it's a magic for, at least for me, that is, you know, I take one of those beads and I pray a prayer.

That prayer is this, Jesus Christ, Son of God, have mercy on me, a sinner. You want to repeat that after me? Jesus Christ, Son of God, have mercy on me, a sinner. So I pray 12 times that prayer.

Last night before I went to sleep, I prayed the same prayer. You know what that does is, when I come to the place, have mercy on me, a sinner, I pause. That means take a second and think, oh, what a horrible creature I am.

How God is merciful to me and forgive me, I can forgive all people. That is the wonderful thing about it. And what that does is, the Holy Communion, when you look at the lamb that was sacrificed on our behalf, it was all done for the sake of love and nothing else.

He remembers our sins no more. When you come to him, he's not asking, oh, now let's talk about your past. No.

All he needs to say, Lord, I have no way to recall all the hundreds of sins. I even don't know them. But have mercy on me, I'm a sinner.

And it's taken care of, kind of. So this young man I heard spent a month or so with this particular institution, attached himself to one individual who had dementia. That is, they don't remember anything.

So if you ask me, you know, what's my name? I say, I don't know. Where are you going? I don't know. If I tell you, I don't know, I don't know, I don't know, I don't know, a million times you say, he's got a problem.

I mean, they found a famous actress, movie actress from the beaches of Florida, and they did everything under the sun to find out who she is, and she don't remember. And there was a huge amount of publicity, pictures everywhere, trying to find out who this person is. This can happen to people.

So this young man served and spent time with these people, especially this man, one man, listening and talking and all those things. And it just happened here the other day, someone from that family of this man called and said, that man who is living with dementia can't remember one thing, can't even remember the name of his sister or brother or family members or parents, nothing. But once in a while, he wakes up, he remembers something, and he asks the name of the student that went from here to serve.

And he says, where is he? Is he not coming for breakfast? The student left there long ago. But even with someone with dementia that cannot remember anything, even the blood relatives that live with him, but in the midst of that, somehow there is a ray of hope that creeps in. Someone he remembers, maybe the only thing he remembers, one name.

And that name happened to be a person who would sit with him, listen to him, walk with him, feed him, and just care and show kindness. So, I try to find now words that make our life work. And one of the words I worked on and learned, love is a word that we all know and heard.

But it is kind of spread out. But kindness would be a good word to live by. Why should I forgive others? It's kindness.

Their burdens are lifted and my burden is lifted. Looking for opportunities in the name of the Lord to be kind to people. Do I succeed always to do that? I don't.

The other day I was talking to one of my leaders on the telephone and he said something that really, not very smart maybe, but I answered him not very kindly. And I hung up the telephone and I said, you know, that was not kind. He's a junior individual, so I wrote a quick email.

I said, you know, I make no excuses for what I did. It's a long day, I've been tired, in rest, but whatever the reason may be that is not good enough, I ask you to forgive because I should not have used those words to you. You must be hurting.

And, you know, that tells you that I can preach all these things to you, that don't mean I have arrived. But wherever you go, one of the things I encourage you to do, starting with your family and neighbors and beggars and lepers and the poor people and the people below you, be kind to them. And to do that, our hearts need to have that sensitiveness.

And one thing that helps me is what C.S. Lewis said, the people we meet and we play with, we talk to, we eat with, they are not mortals, they are immortals. People destined to be with us in eternity forever and ever. And it is good that we do all we can to treat them kindly.

And, of course, what better way we can do that by understanding how kind the Lord has been with us in giving his life and everything to forgive and cleanse us that we may be his. Remember one thing, this is all about love, all about kindness. And if there is someone that you are mad at, someone in Bihar or America or some other country or wherever they may be, whatever date, and I have some people on my list, let's take a few seconds and say, Lord, I choose to forgive and let go with a clean heart, not holding grudges against anyone.

And once you do that, what happened, those prayers are magical. And God now showers his blessings and then we find the result is peace within us.

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