

## Based on the gospel for Sunday 13 September - Matthew 18:21-35

**“Lord, how often must I forgive my brother if he wrongs me?”**

Have you ever felt like you are a doormat, forgiving people who repeatedly hurt you? Maybe they apologise then do it all over again? It's like they never seem to learn. It can be so frustrating.

Jesus beautifully reminds us in this parable, that God's love and mercy is huge. God is willing and able to forgive us continuously for offending him, if we likewise show sincere mercy to our brothers and sisters.

And so, just as the servant in Jesus' parable is forgiven his debt, at CAFOD we are calling on world leaders to cancel the debt of the world's poorest nations to ensure everyone has a safe, sustainable recovery from coronavirus.

It can feel so hard to swallow our pride and do as God asks us sometimes, but we remember the importance God gives to forgiveness, clearly expressed in the Lord's prayer “Forgive us our trespasses, as we forgive those that trespass against us.”

By practising forgiveness, we can avoid the very real consequences of being separated from God. So, let's accept this challenge, be like Jesus and forgive people, just as we want to be forgiven by our Father.

As Pope Francis reminds us, “Let us forgive, and we shall be forgiven. Let us have mercy on others, and we shall feel that mercy of God, who, when he forgives, also ‘forgets!’”

Lord, help me to understand that you love me so much, and that you are always willing to forgive me. Through your grace may I also forgive people wholeheartedly, without keeping score. Amen.



## Season of Creation

Join us to pray for the protection of our common home, during this Season of Creation.

Let's pray



## Rebuild lives this Harvest

Families around the world are facing uncertain futures. Together we can help rebuild lives this Harvest.

[Get involved](#)



## Cancel the debt

Use your voice to show that debt isn't something the international community will stand for.

Act now

This reflection and prayer were written by Celeste Iyinbo, who works for CAFOD in the Archdiocese of Southwark.