

## What the Bible & our Faith Doctrine say about

# FORGIVENESS

- Are you or someone you know harboring a resentment toward another person?
- Are you finding it difficult to forgive someone who trespassed against you?
- Are you seeking forgiveness from someone else? From God?
- Would you like to be freed from the *self-induced* bondages of guilt and shame?
- Have you forgiven someone partially and wondered if God has forgiven you unconditionally?
- Do you take turns saying "I'm sorry" with another person?
- Are you keeping score to remember whose turn it is next?

During our journey through everyday life, we're presented with thorny issues and delicate situations that, at times, may perplex or baffle us. Do we handle them in a spirit-led manner? How do we know what to do or say? If we're trying to walk out a Christian life, the first place to turn for help are the Holy Scriptures. Examining what the Good News has to say about the trial you're facing can help solve the dilemma in a Jesus-approved manner! Amen!

In Canonical order, this document lists Old and New Testament Scriptures on FORGIVENESS. It is formatted with a wide left margin for printing and 3 hole punching for placement into a folder or binder. Use in Bible Studies, Religious Education classes, learning at home or pass on to a friend who has questions about FORGIVENESS!

So as to capture the entire message of the Scriptures contained herein and to avoid discerning out of context, please also read the surrounding passages in their respective books. All Scripture resources are from the New American Bible (*revised NABRE edition*).

### THE LORD'S PRAYER / MATTHEW 6:9-15

Our Father in heaven, hallowed be your name,

your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread; and forgive us our debts, as we forgive our debtors;

and do not subject us to the final test, but deliver us from the evil one.

If you forgive others their transgressions, your heavenly Father will forgive you.

But if you do not forgive others, neither will your Father forgive your transgressions.

*The final two lines above share with us that God is going to forgive us for our transgressions in the same manner that we forgive others for theirs. Let us seek & extend unconditional forgiveness with all of our brothers and sisters and allow the blessings from On High to flow! See the following pages for more!*

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## THE OLD TESTAMENT

**Genesis 50:17** ‘Thus you shall say to Joseph: Please forgive the criminal wrongdoing of your brothers, who treated you harmfully.’ So now please forgive the crime that we, the servants of the God of your father, committed.” When they said this to him, Joseph broke into tears.

**Exodus 10:16-17** Pharaoh hurriedly summoned Moses and Aaron and said, “I have sinned against the LORD, your God, and against you. But now, do forgive me my sin only this once, and pray to the LORD, your God, only to take this death from me.”

**Exodus 34:6-7** So the LORD passed before him (*Moses*) and proclaimed: The LORD, the LORD, a God gracious and merciful, slow to anger and abounding in love and fidelity, continuing his love for a thousand generations, and forgiving wickedness, rebellion, and sin; yet not declaring the guilty guiltless, but bringing punishment for their parents’ wickedness on children and children’s children to the third and fourth generation!

**Leviticus 4:19-20** He shall remove all of its fat and burn it on the altar, doing with this bull just as he did with the other bull of the purification offering; he will do the same thing. Thus the priest shall make atonement for their behalf, that they may be forgiven.

**Numbers 14:18-20** ‘The LORD is slow to anger and abounding in kindness, forgiving iniquity and rebellion; yet certainly not declaring the guilty guiltless, but punishing children to the third and fourth generation for their parents’ iniquity.’ Pardon, then, the iniquity of this people in keeping with your great kindness, even as you have forgiven them from Egypt until now.” The LORD answered: I pardon them as you have asked.

**Joshua 24:19-20** Joshua in turn said to the people, “You may not be able to serve the LORD, for he is a holy God; he is a passionate God who will not forgive your transgressions or your sins. If you forsake the LORD and serve strange gods, he will then do evil to you and destroy you, after having done you good.”

**1 Samuel 15:24-26** Saul admitted to Samuel: “I have sinned, for I have transgressed the command of the LORD and your instructions. I feared the people and obeyed them. Now forgive my sin, and return with me, that I may worship the LORD.” But Samuel said to Saul, “I will not return with you, because you rejected the word of the LORD and the LORD has rejected you as king of Israel.”

**1 Samuel 25:28** Please forgive the offense of your maidservant, for the LORD shall certainly establish a lasting house for my lord, because my lord fights the battles of the LORD. Let no evil be found in you your whole life long,

**1 Kings 8:30-36** Listen to the petition of your servant and of your people Israel which they offer toward this place. Listen, from the place of your enthronement, heaven, listen and forgive. “If someone sins in some way against a neighbor and is required to take an oath sanctioned by a curse, and comes and takes the oath before your altar in this house, listen in heaven; act and judge your servants. Condemn the wicked, requiting their ways; acquit the just, rewarding their justice.

**1 Kings 8:30-36 (cont’d)** “When your people Israel are defeated by an enemy because they sinned against you, and then they return to you, praise your name, pray to you, and entreat you in this house, listen in heaven and forgive the sin of your people Israel, and bring them back to the land you gave their ancestors. “When the heavens are closed, so that there is no rain, because they have sinned

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against you, but they pray toward this place and praise your name, and turn from their sin because you have afflicted them, listen in heaven and forgive the sin of your servants, your people Israel (for you teach them the good way in which they should walk). Give rain to this land of yours which you have given to your people as their heritage.

**1 Kings 8:50** Forgive your people who have sinned against you and all the offenses they have committed against you, and grant them mercy in the sight of their captors, so that these will be merciful to them.

**2 Kings 5:18** But may the LORD forgive your servant this: when my master enters the temple of Rimmon to bow down there, as he leans upon my arm, I too must bow down in the temple of Rimmon. When I bow down in the temple of Rimmon, may the LORD please forgive your servant this.”

**2 Kings 24:3-4** This befell Judah because the LORD had stated that he would put them out of his sight for the sins Manasseh had committed in all that he did, and especially because of the innocent blood he shed; he filled Jerusalem with innocent blood, and the LORD would not forgive.

**2 Chronicles 6:21-30** Listen to the petition of your servant and of your people Israel which they offer toward this place. Listen, from the place of your enthronement, heaven, and listen and forgive. “If someone sins against a neighbor and is required to take an oath sanctioned by a curse, and comes and takes the oath before your altar in this house, listen in heaven: act and judge your servants. Condemn the wicked, requiting their ways; acquit the just, rewarding their justice. When your people Israel are defeated by an enemy because they have sinned against you, and then they turn, praise your name, pray to you, and entreat you in this house, listen from heaven and forgive the sin of your people Israel, and bring them back to the land you gave them and their ancestors. When the heavens are closed so that there is no rain, because they have sinned against you, but they pray toward this place and praise your name, and turn from their sin because you have afflicted them, listen in heaven and forgive the sin of your servants, your people Israel. (For you teach them the good way in which they should walk.) Give rain upon this land of yours which you have given to your people as their heritage. “If there is famine in the land or pestilence; or if blight comes, or mildew, or locusts swarm, or caterpillars; when their enemies besiege them at any of their gates; whatever plague or sickness there may be; whatever prayer of petition any may make, any of your people Israel, who know affliction and pain and stretch out their hands toward this house, listen from heaven, the place of your enthronement, and forgive. Render to each and all according to their ways, you who know every heart; for it is you alone who know the heart of every human being.

**2 Chronicles 6:39** “...listen from heaven, the place of your enthronement, to their prayer and petitions, and uphold their cause. Forgive your people who have sinned against you...”

**2 Chronicles 7:14** “...if then my people, upon whom my name has been pronounced, humble themselves and pray, and seek my face and turn from their evil ways, I will hear them from heaven and pardon their sins and heal their land.”

**Nehemiah 9:16-17** But they, our ancestors, proved to be insolent; they were obdurate and did not obey your commandments. They refused to obey and no longer remembered the wonders you had worked for them. They were obdurate and appointed a leader in order to return to their slavery in Egypt. But you are a forgiving God, gracious and merciful, slow to anger and rich in mercy; you did not forsake them.

**Job 7:21** Why do you not pardon my offense, or take away my guilt? For soon I shall lie down in the dust; and should you seek me I shall be gone.

**Psalm 19:12-13** By them your servant is warned; obeying them brings much reward. Who can detect trespasses? Cleanse me from my inadvertent sins.

**Psalm 25:11** For the sake of your name, LORD, pardon my guilt, though it is great.

**Psalm 32:1-5** Of David. A maskil. I Blessed is the one whose fault is removed, whose sin is forgiven. Blessed is the man to whom the LORD imputes no guilt, in whose spirit is no deceit. II Because I kept silent, my bones wasted away; I groaned all day long. For day and night your hand was heavy upon me; my strength withered as in dry summer heat. Then I declared my sin to you; my guilt I did not hide. I said, "I confess my transgression to the LORD," and you took away the guilt of my sin.

**Psalm 65:2-4** To you we owe our hymn of praise, O God on Zion; To you our vows must be fulfilled, you who hear our prayers. To you all flesh must come with its burden of wicked deeds. We are overcome by our sins; only you can pardon them.

**Psalm 78:38** But God being compassionate forgave their sin; he did not utterly destroy them. Time and again he turned back his anger, unwilling to unleash all his rage.

**Psalm 79:9** Help us, God our savior, on account of the glory of your name. Deliver us, pardon our sins for your name's sake.

**Psalm 85:2** You once favored, LORD, your land, restored the captives of Jacob. You forgave the guilt of your people, pardoned all their sins.

**Psalm 86:5** Lord, you are good and forgiving, most merciful to all who call on you.

**Psalm 99:8** O LORD, our God, you answered them; you were a forgiving God to them, though you punished their offenses.

**Psalm 103:2-5** Bless the LORD, my soul; and do not forget all his gifts, Who pardons all your sins, and heals all your ills, Who redeems your life from the pit, and crowns you with mercy and compassion, Who fills your days with good things, so your youth is renewed like the eagle's.

**Psalm 103:11-13** For as the heavens tower over the earth, so his mercy towers over those who fear him. As far as the east is from the west, so far has he removed our sins from us. As a father has compassion on his children, so the LORD has compassion on those who fear him.

**Psalm 130:3-4** If you, LORD, keep account of sins, Lord, who can stand? But with you is forgiveness and so you are revered.

**Isaiah 1:18** Come now, let us set things right, says the LORD: Though your sins be like scarlet, they may become white as snow; Though they be red like crimson, they may become white as wool.

**Isaiah 2:9** So all shall be abased, each one brought low. Do not pardon them! (*The LORD's Day of Judgment on Pride*)

**Isaiah 43:25-26** It is I, I, who wipe out, for my own sake, your offenses; your sins I remember no more. Would you have me remember, have us come to trial? Speak up, prove your innocence!

**Jeremiah 5:1** Roam the streets of Jerusalem, look about and observe, search through her squares, to find even one who acts justly and seeks honesty, and I will pardon her!

**Jeremiah 5:7** Why should I pardon you? Your children have forsaken me, they swear by gods that are no gods. I fed them, but they commit adultery; to the prostitute's house they throng.

**Jeremiah 18:23** But you, LORD, know all their planning for my death. Do not forgive their crime, and their sin do not blot out from your sight! Let them stumble before you, in the time of your anger act against them.

**Jeremiah 31:34** They will no longer teach their friends and relatives, "Know the LORD!" Everyone, from least to greatest, shall know me—oracle of the LORD—for I will forgive their iniquity and no longer remember their sin.

**Jeremiah 33:8** I will purify them of all the guilt they incurred by sinning against me; I will forgive all their offenses by which they sinned and rebelled against me.

**Jeremiah 36:3** Perhaps, if the house of Judah hears all the evil I have in mind to do to them, so that all of them turn from their evil way, then I can forgive their wickedness and their sin.

**Jeremiah 50:20** In those days, at that time—oracle of the LORD: The guilt of Israel may be sought, but it no longer exists, the sin of Judah, but it can no longer be found; for I will forgive the remnant I preserve.

**Daniel 9:9-10** But to the Lord, our God, belong compassion and forgiveness, though we rebelled against him and did not hear the voice of the LORD, our God, by walking in his laws given through his servants the prophets.

**Hosea 1:6-7** She (*Gomer*) conceived again and bore a daughter. The LORD said to him: Give her the name "Not-Pitied," for I will no longer feel pity for the house of Israel: rather, I will utterly abhor them. Yet for the house of Judah I will feel pity; I will save them by the LORD, their God; but I will not save them by bow or sword, by warfare, by horses or horsemen.

**Hosea 14:2-3** Return, Israel, to the LORD, your God; you have stumbled because of your iniquity. Take with you words, and return to the LORD; Say to him, "Forgive all iniquity, and take what is good. Let us offer the fruit of our lips.

**Amos 7:1-3** This is what the Lord GOD showed me: He was forming a locust swarm when the late growth began to come up (the late growth after the king's mowing). When they had finished eating the grass in the land, I said: Forgive, O Lord GOD! Who will raise up Jacob? He is so small! The LORD relented concerning this. "This shall not be," said the Lord GOD.

**Micah 7:18-20** Who is a God like you, who removes guilt and pardons sin for the remnant of his inheritance; who does not persist in anger forever, but instead delights in mercy, and will again have compassion on us, treading underfoot our iniquities? You will cast into the depths of the sea all our sins; you will show faithfulness to Jacob, and loyalty to Abraham, as you have sworn to our ancestors from days of old.

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## NEW TESTAMENT

**Matthew 6:9-15** “This is how you are to pray:

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.  
Give us today our daily bread;  
and forgive us our debts, as we forgive our debtors;  
and do not subject us to the final test, but deliver us from the evil one.

If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.”

**Matthew 9:6** But that you may know that the Son of Man has authority on earth to forgive sins”—he then said to the paralytic, “Rise, pick up your stretcher, and go home.”

**Matthew 18:21-22** Then Peter approaching asked him, “Lord, if my brother sins against me, how often must I forgive him? As many as seven times?” Jesus answered, “I say to you, not seven times but seventy-seven times.

**Matthew 18:35** So will my heavenly Father do to you, unless each of you forgives his brother from his heart.”

**Matthew 26:26-29** While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.” Then he took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father.”

**Mark 1:4** John [the] Baptist appeared in the desert proclaiming a baptism of repentance for the forgiveness of sins.

**Mark 2:7-11** “Why does this man speak that way?\* He is blaspheming. Who but God alone can forgive sins?”<sup>b</sup> 8Jesus immediately knew in his mind what they were thinking to themselves, so he said, “Why are you thinking such things in your hearts? 9Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, pick up your mat and walk?’ 10\* But that you may know that the Son of Man has authority to forgive sins on earth”— 11he said to the paralytic, “I say to you, rise, pick up your mat, and go home.”

**Mark 3:29** But whoever blasphemes against the holy Spirit\* will never have forgiveness, but is guilty of an everlasting sin.”

**Mark 11:25** When you stand to pray, forgive anyone against whom you have a grievance, so that your heavenly Father may in turn forgive you your transgressions.”

**Luke 1:77** ...to give his people knowledge of salvation through the forgiveness of their sins...

**Luke 3:3** He went throughout [the] whole region of the Jordan, proclaiming a baptism of repentance for the forgiveness of sins...

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**Luke 5:21-24** Then the scribes\* and Pharisees began to ask themselves, “Who is this who speaks blasphemies? Who but God alone can forgive sins?”<sup>j</sup> 22 Jesus knew their thoughts and said to them in reply, “What are you thinking in your hearts?<sup>k</sup> 23 Which is easier, to say, ‘Your sins are forgiven,’ or to say, ‘Rise and walk’? 24\* I But that you may know that the Son of Man has authority on earth to forgive sins”—he said to the man who was paralyzed, “I say to you, rise, pick up your stretcher, and go home.”

**Luke 6:37** “Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven.”

**Luke 7:47-50** So I tell you, her many sins have been forgiven; hence, she has shown great love.\* But the one to whom little is forgiven, loves little.” 48 He said to her, “Your sins are forgiven.”<sup>r</sup> 49 The others at table said to themselves, “Who is this who even forgives sins?”<sup>s</sup> 50 But he said to the woman, “Your faith has saved you; go in peace.”

**Luke 11:3-4** Give us each day our daily bread and forgive us our sins for we ourselves forgive everyone in debt to us, and do not subject us to the final test.

**Luke 17:3-4** 3 Be on your guard!\* If your brother sins, rebuke him; and if he repents, forgive him.<sup>b</sup> 4 And if he wrongs you seven times in one day and returns to you seven times saying, ‘I am sorry,’ you should forgive him.”

**Luke 23:34** Then Jesus said, “Father, forgive them, they know not what they do.”<sup>]</sup>\* They divided his garments by casting lots.

**Luke 24:46-47** And he said to them,<sup>y</sup> “Thus it is written that the Messiah would suffer and rise from the dead on the third day 47 and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem.

**John 20:22-23** And when he had said this, he breathed on them and said to them,<sup>m</sup> “Receive the holy Spirit. 23\* n Whose sins you forgive are forgiven them, and whose sins you retain are retained.”

**Acts 3:19** Repent, therefore, and be converted, that your sins may be wiped away,<sup>k</sup>

**Acts 5:31** God exalted him at his right hand\* as leader and savior to grant Israel repentance and forgiveness of sins.<sup>k</sup>

**Acts 8:22** Repent of this wickedness of yours and pray to the Lord that, if possible, your intention may be forgiven.

**Acts 10:43** To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name.”

**Acts 13:38-39** You must know, my brothers, that through him forgiveness of sins is being proclaimed to you, [and] in regard to everything from which you could not be justified under the law of Moses, in him every believer is justified.

**Acts 17:11** These Jews were more fair-minded than those in Thessalonica, for they received the word with all willingness and examined the scriptures daily to determine whether these things were so.

**Acts 26:17-18** I shall deliver you from this people and from the Gentiles to whom I send you, to open their eyes that they may turn from darkness to light and from the power of Satan to God, so that they may obtain forgiveness of sins and an inheritance among those who have been consecrated by faith in me.'

**Romans 4:7-8** "Blessed are they whose iniquities are forgiven and whose sins are covered. Blessed is the man whose sin the Lord does not record."

**2 Corinthians 2:5-10** If anyone has caused pain, he has caused it not to me, but in some measure (not to exaggerate) to all of you. This punishment by the majority is enough for such a person, so that on the contrary you should forgive and encourage him instead, or else the person may be overwhelmed by excessive pain. Therefore, I urge you to reaffirm your love for him. For this is why I wrote, to know your proven character, whether you were obedient in everything. Whomever you forgive anything, so do I. For indeed what I have forgiven, if I have forgiven anything, has been for you in the presence of Christ, so that we might not be taken advantage of by Satan, for we are not unaware of his purposes.

**2 Corinthians 5:17** For we are not like the many who trade on the word of God; but as out of sincerity, indeed as from God and in the presence of God, we speak in Christ

**2 Corinthians 12:13** In what way were you less privileged than the rest of the churches, except that on my part I did not burden you? Forgive me this wrong!

**Ephesians 1:7** In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace that he lavished upon us. In all wisdom and insight, he has made known to us the mystery of his will in accord with his favor that he set forth in him as a plan for the fullness of times, to sum up all things in Christ, in heaven and on earth.

**Ephesians 4:32** [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

**Colossians 1:13-14** He delivered us from the power of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

**Colossians 2:13** And even when you were dead [in] transgressions and the uncircumcision of your flesh, he brought you to life along with him, having forgiven us all our transgressions...

**Colossians 3:12-13** Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do.

**1 Thessalonians 5:15** See that no one returns evil for evil; rather, always seek what is good [both] for each other and for all.

**Hebrews 8:12** For I will forgive their evildoing and remember their sins no more.

**Hebrews 9:22** According to the law almost everything is purified by blood, and without the shedding of blood there is no forgiveness.

**Hebrews 10:16-18** "This is the covenant I will establish with them after those days, says the Lord: 'I will put my laws in their hearts, and I will write them upon their minds,'" he also says: "Their sins and their evildoing I will remember no more." Where there is forgiveness of these, there is no longer offering for sin.

**1 John 1:8-10** If we say, "We are without sin," we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing. If we say, "We have not sinned," we make him a liar, and his word is not in us.

## CATECHISM OF THE CATHOLIC CHURCH

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