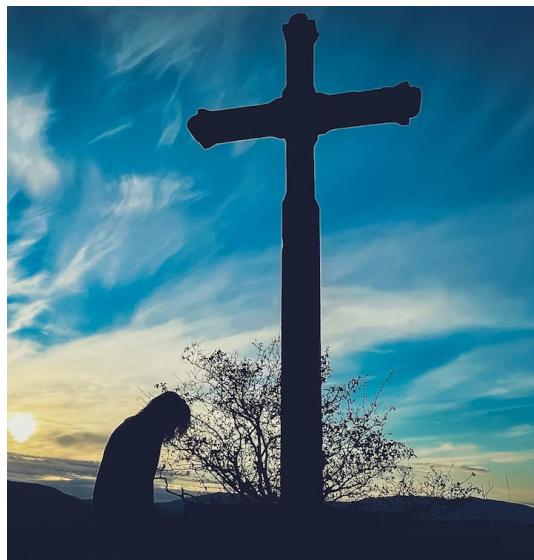


FORGIVING, FORGETTING, THE LORD'S PRAYER And Other Spiritual Practices



AN UNUSUAL SCENARIO

I was involved in an incident wherein two individuals who were related had a discussion wherein the first one, Andy¹, had inquired to the second, B, why he was such a violent person in his youthful days. Though Bob had, by the mercy of God, had been converted into a true Christian, Andy, an evangelical fanatic of the bible, would not believe that Bob had changed for the better.

To explain his prior violent nature, Bob related that in his youth from age 7 up to his high school, his uncle and grandfather on the mother's side had physically abused him with 2 x 2's, big pieces of wood, big belts and sometimes actually punching him in the thighs and the arms that he could neither walk nor lift up his arms. It was only by the grace of God that when he reached high school, a priest took him as his ward and taught him to pray and trust in God. Eventually, he learned to forgive and forget his uncle and grandpa for their brutality. He related that at the death of his grandpa, he made peace with his soul and forgave him before the funeral. He also made peace spiritually with his dying uncle because he was already in the U.S. when he died.

To Bob's surprise, Andy accused him of being **un-Christian and evil for not forgetting the beating** that Bob received during his youth. Andy quoted all the verses in his modern bible about forgiving and told Bob that he, Andy, had already forgotten all the injury he had received, that is why Andy is now free of mind, body and soul to be a true Christian. The self-righteous Andy **basically condemned** Bob for still remembering the beatings he had received.

¹ Names changed to protect privacy.

Could Anyone Forget The Beating He Received Quite a While Ago?

For someone to have forgotten all the beatings he received in his lifetime is very remarkable. Just like they said, "You still remember the date and time of memorable events." What if a person has a photographic memory and could not forget the injuries to his person throughout his lifetime? By **the gospel of Andy**, he is condemned because he could not forget the injuries he suffered! People with photographic memories **are damned according to evangelical Andy!**

The point here is that forgetting the beatings and injury one received is, in all probability, already etched in one's subconscious memory and is not going anywhere. No one in this life could forget the beatings, especially the severe one he had received in his lifetime!

Boxers, especially, do not forget the losses and beatings they have suffered in their career. One legendary Filipino boxer, the great Flash Elorde, while lying on the canvas after he was knocked out by Carlos Ortiz in 1966 in New York, was asked by the doctor where he was, he answered, "Cow Palace, July 1955". That fight was eleven years before, where he lost to Sandy Saddler by TKO! Not by a punch but by cuts due to headbutts (foul plays)! He was semi-conscious, and flat on his back on the canvas but he remembers the bitterest loss of his career. Due to the repeated headbutts and elbows of Saddler, his eyebrows were cut severely causing the referee to stop the fight due to immense blood flow blinding both his eyes. Leading on points on all scorecards, losing the fight in the 13th round with just two rounds to go, cost him to be champion when he was younger. Even the media at that time decried the lack of penalties against Saddler. They thought he should have been disqualified. During that era, even when one was winning on points, if you could not proceed with the fight until its conclusion, you lose the fight. The boxing authorities eventually changed the rules to allow a boxer ahead on points to win a fight even if the bout was stopped due to similar situations.

If the evangelical Andy is correct in that **if you could not forget your injuries, your forgiveness is worth nothing**, then the **One Who preaches forgive and forget, is a liar and false teacher!**

Who is this person? Jesus Christ! Throughout His short time on earth He always teaches forgiveness and forgetting the faults of others.

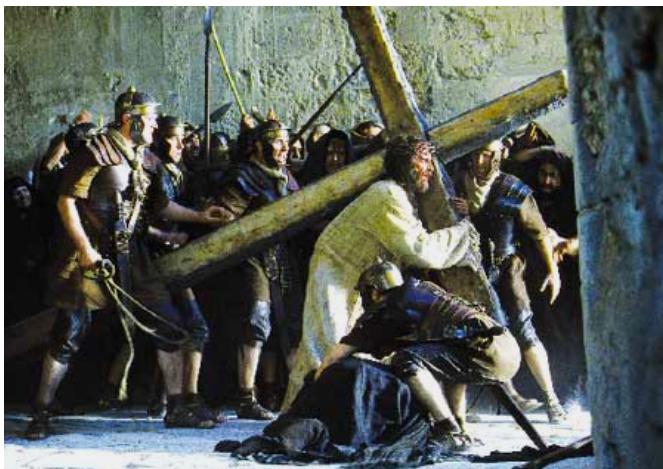
As we all know He forgave His tormentors while hanging on the Cross, but He never forgot all His injuries and the number of tormentors! This is evidenced by what He told to a holy soul and to St. Bernard of Clairvaux². In those conversations, He related the injuries and torments He endured for our salvation, including the number of tormentors:

a. "Be it known that:

- the number of armed soldiers were **150**;
- **Those who trailed Me while I was bound were 23.**

² The Pieta Prayer Booklet, MLOR CORP., 1186 Burlington Drive, Hickory Corners, MI 49060

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- The executioners of justice were 83;
- the blows received on my head were 150;
- those on my stomach, 180;
- kick on My shoulders, 80.
- I was led, bound with cords by the hair, 24 times;
- spits in the face were 180;
- I was beaten on the body 6,666 times;
- beaten on the head, 110 times.
- I was roughly pushed, and at 12 o'clock was lifted up by the hair; pricked with thorns and pulled by the beard 23 times;
- received 20 wounds on the head;
- thorn of marine junks, 72;
- prick of thorns on the head, 110;
- mortal thorns on the forehead, 3.
- I was afterwards flogged and dressed as a mocked king;
- wounds in the body, 1,000.
- The soldiers who led me to Calvary were 608;
- those who watched Me were 3 and
- those who mocked Me were 1008,
- the drops of blood which I lost were 28,430."

b. "I had on My Shoulder, while I bore My Cross on the Way of Sorrows, a grievous Wound, which was more painful than the others, and which is not recorded by men." St. Bernard reported that the weight of the Cross tore the shoulder flesh of Jesus and laid bare the scapula (the shoulder bone). The Cross actually ground into the shoulder bone throughout His Via Dolorosa trek.

"2. Jesus revealed to the pious, God-loving Sister Mary Magdalene of the Sancta Clara Order, Franciscan, who lived, died and was beatified in Rome, the The 15 Secret Torments which He endured

the night before His death:³

"The Jews considered Me as the most wretched man living on earth, so that is why:

- a. They fastened My feet with a rope and dragged Me over the stepping stones of the staircase, down into a filthy, nauseating cellar.
- b. They took off My clothing and stung My body with iron joints.
- c. They attached a rope around My body and pulled Me on the ground from end to end.
- d. They hanged Me on a wooden piece with a slip knot until I slipped out and fell down. Overwhelmed by this torture, I wept bloody tears.
- e. They tied Me to a post and pierced My body with various arms.
- f. They struck Me with stones and burnt Me with blazing embers and torches.
- g. They pierced Me with awls: sharp spears tore My skin, flesh and arteries out of My body.
- h. They tied Me to a post and made Me stand barefoot on an incandescent metal sheet.
- i. They crowned Me with an iron crown and wrapped My eyes with the dirtiest possible rags.
- j. They made Me sit on a chair covered with sharp, pointed nails, causing deep wounds in My body.
- k. They poured on My wounds liquid lead and resin and, after this torture, they pressed Me on the nailed chair, so that the nails went deeper and deeper into My flesh.
- l. For shame and affliction, they drove needles into the holes of My uprooted beard. They tied My hands behind My back and led Me walking out of prison with strikes and blows.
- m. They threw Me upon a cross and attached Me so tightly that I could hardly breathe any more.
- n. They threw at My head as I lay on the earth, and they stepped on Me, hurting My breast. Then taking a thorn from My crown, they drove it into My tongue.
- o. They poured into My mouth the most immodest excretions, as they uttered the most infamous expressions about Me."

So here we are, Our Lord Jesus remembering all His injuries and beatings even to the number of the tormentors! But He did forgive them all! All His transgressors, no exception!

So What Does The 'Forget' in "Forgive and Forget" Mean for Ordinary Mortals Like Us?

Forgetting the offenses, means to forget the angst, bitterness and the desire to get even in one's heart whenever he remembers the injuries he received, and the name and face of the transgressor,

³ Santiago de Compostela's Catholic Devotions, www.starharbor.com/santiago/secrets

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especially when the devil reminds him of what the other person did to him! That whenever the devil brings back memories of your injuries and those who inflicted them, your blood pressure and heartbeat remains the same. Your reaction is more of pity for the spiritual plight of the offender than to seek revenge. You hope and pray that they get remorse for their evil deeds and make a sincere confession before they die so that they will not go to Hell.

The devil is the tempter that makes us remember our injuries and the faces of the transgressors. But how do one overcome this temptation of getting angry again?

Spiritual Exercises for 'Forgiving and Forgetting' Offenses and Offenders

There are prayers and several spiritual exercises used by this writer in learning and making it a habit of 'forgiving and forgetting'.

1. The first one is 'The Lord's Prayer', i.e. 'The Our Father'.

Our Lord Jesus gave us the formula and weapon to overcome and get rid of this temptation of not forgiving and forgetting injuries - **The Our Father!** The Lord's Prayer? Yes! The Lord's Prayer has been described by Tertullian as "a breviary and compendium of the Gospel!" Composed by our Lord Himself this short prayer contains all the petitions that we as obedient children of God need to live in conformity with Him.

The Fifth Petition of this great Prayer, "forgive us our trespasses as we forgive those who trespass against us...." is the great procedure given by Jesus for us to forgive and forget the injuries and the tormentors. The Lord's Prayer is a covenant, a contract between man and His Creator so every petition in that prayer has to be conformed with if one is to live under God's tutelage and graces.

That Fifth Petition, necessitates that, once spoken, **the injured party should have forgiven the transgressor, right there and then!** This poor servant of The Lord had used this often, once taught by Divine locution to forgive all his enemies and transgressors. The use of this fifth petition to remove angst and bitterness came to this poor servant almost three decades ago. The maliciousness and wanton abuse inflicted on his senile father for so many decades was so much that this poor servant was finding it difficult to remove the anger for such offenses and offender. Once he was able to put his emotions together, he prayed earnestly to The Lord to help him forgive this person or else, he will go to Hell like that rich man in the book, "Hell and How to Avoid It" by F. X. Schouppe⁴.

The unforgettable episode in this book relates the story of a very generous philanthropic Catholic wealthy businessman who was able to receive the Last Sacraments from his friend, a local bishop. The rich man died right after. The next day, the bishop proceeded to say Mass for his dear friend. Before the Mass could start, the apparition of the rich man engulfed in flames appeared to the bishop. The bishop thought Satan was fooling him but the rich man spoke and said that it is his good friend who is appearing before him. He told the bishop not to say anymore Mass because he is now in Hell. The bishop said, "But you confessed all your sins and

⁴ "Hell and How to Avoid It" by F. X. Schouppe, TAN Books, Gastonia, NC

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received Viaticum, how come you ended there?" The rich man related that when he was cultivating his business in one of his deals a business rival took advantage of him and caused him almost irreparable damage both in reputation and money. But he recovered financially but since then he always had hate in his heart for the transgressor.

He said, "During my last confession, I was prompted to confess this hate but I said, '**Next time!**' Sadly for me, once you left, I died. I looked up and saw Jesus looking at me with a stern face and He said, "**You did not forgive, so you are not forgiven!** You belong down there in spite of all the good things you have done!" The burning apparition continued, "So here I am eternally damned for not even considering forgiving this person." As proof of the apparition, the burning soul poked the closed Mass missal with his index finger which formed a burnt hole from cover to cover! At that time those missals were thick and leatherbound.

This story scared this soul so stiff with fear. So he prayed hard to find a way to learn how to forgive and forget offenses and offenders. By Divine grace, The Lord's Prayer Fifth Petition 'Forgiveness' Procedure was given to this poor servant. This procedure has been shared with others and I enjoin all who are reading this treatise to learn the The Lord's Prayer Fifth Petition 'Forgiveness' Procedure and to teach it to others. All who practice this act of mercy will always go to sleep in peace.

So when one had experienced injury physically or emotionally, say the Our Father immediately to remove the angst, the bitterness and the desire for retribution against the transgressor. Once the fifth petition is reached, "forgive us our trespasses as we forgive those who trespass against us..." stop and recall the injuries and the transgressor. Look on that face and remember the situation, then look up to Heaven and tell God, "I forgive this person and his actions for Thou always forgives me always." If one could not do this with sincerity and complete honesty, **STOP continuing with The Lord's Prayer because one would be **lying to God!** **One has to forgive first to be forgiven by God**, as the verse dictates. Your eternal destiny might be compromised. This writer would keep on repeating The Lord's Prayer until he could remember the face of the tormentor and the incident without any emotional reaction but pity for that person's soul. This procedure one should always do because Jesus is very specific, when He said, "**For if you will forgive men their offences, your heavenly Father will forgive you also your offences.** (Matthew 6:14) Also:**

But if you will not forgive men, neither will your Father forgive you your offences. (Matthew 6:15)

"Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you shall be forgiven." (Luke 6:37)

"So also shall my heavenly Father do to you, if you forgive not every one his brother from your hearts." (Matthew 18:35, the parable of the forgiven servant who would not forgive his debtors)

"But love ye your enemies: do good, and lend, hoping for nothing thereby: and your reward shall be great, and you shall be the sons of the Highest; for He is kind to the unthankful, and to the evil." (Luke 6:35) In this verse and the following, the emotion of love replaces hate which is also emotional.

"But I say to you that hear: Love your enemies, do good to them that hate you. (Luke 6:27);

"But I say to you, Love your enemies: do good to them that hate you: and pray for them that persecute and calumniate you: (Matthew 5:44)

Even in the Old Testament, it is written: "Forgive thy neighbour if he hath hurt thee: and then shall thy sins be forgiven to thee when thou prayest. [Ecclesiasticus (Sirach) 28:2]

2. Second, include the offender's name in your daily prayers and Masses. Prayer is the greatest and priceless gift one could give to a soul, living or deceased, especially for offenders. So one would not forget, make a list of those you would like to pray for. Then every start of the week, i.e. Sunday mention their names as the beneficiaries of your daily prayers and Masses for the rest of the week. Our Lady of Fatima in one of her instructions to Blessed Lucia, inspired this writer to include everyone in his daily prayers and Masses. Our Blessed Mother told Sister Lucia to pray always for everyone she meets and to instruct others to do the same. The composed Sunday prayer used by this writer to include others goes like this:

"Almighty and The True Ever-Living God, please allow me to include in my prayers today and for the rest of this week, as if they are here present praying with me, and in this Mass I am assisting in today and all the Masses I will be assisting for the rest of this week, as if they are also assisting in all these Masses – all those for whom Thou willest we should pray for and knowest we ought to pray for, all Thy true and faithful Traditional Catholic children throughout the world, especially Thy clergy, nuns, religious, seminarians, religious aspirants, oblates and tertiaries; Thy chosen salvific leaders and workers in the world, their families and groups that they may obey the promptings of Thy Holy Spirit and to work together harmoniously to complete Thy objectives; The Oblates of The Holy Face of Jesus, The Lord of Pardon readers; also my beloved spouse and children; and..... *(start your list, don't forget the offenders!)*

That through the intercession of the Blessed Virgin Mary, Thy beloved Handmaid, our Mother, our Queen, Protectress, Mediatrix and Friend, together with the prayers of Thy angels, saints and holy souls in Heaven, the poor holy souls in Purgatory and Thy faithful on earth, may Thou find us worthy to obtain and partake of Thy wonderful, bountiful and generous blessings, graces, mercies, favors, assistance, benefits, guidance, protection, especially Thy love; and through Thy compassion and self-same benefits which Thou shower upon us through the Precious Blood of Thy Dearly Beloved and Only-Begotten Son, Our Lord and Saviour, Jesus Christ, we beg Thee to protect and deliver us from every evil of any manner, shape and form, always and everywhere; forgive us our sins and together with the poor holy souls in Purgatory, especially our relatives and friends, notably the recently departed ones.... *(start your list, don't forget the offenders!)* and the latest ones Thou hast sent to ask for our prayers, bring us to life everlasting. Amen."

The other objective of the above composed prayer is to obtain the daily conversion of even one sinner so that "there shall be joy in heaven upon one sinner that doth penance..." (Luke 15:7) This is the least one could do to recompense Abba, The Eternal Father for all He had to put up with sinners, like us. Anyone is free to copy or modify this prayer for their own use.

3. Contemplating on a specific torment of Jesus as listed above. This writer contemplates on the **150 blows** to the head of Our Lord Jesus Christ. He has had so many times received concussions due to accidents, beatings and fights so he knows the feeling of seeing stars when one gets hit in the head. His sleeping disorder was attributed to the concussions he suffered in his youth. He empathizes with

Our Lord Jesus for such a horrible experience. This torment always reminds him of the price of his salvation.

4. Devotion to The Sacred Heart of Jesus and to The Mother of Sorrows



Thorns are very painful objects that hurt even the biggest animals when the pricks penetrate their skins. How much more for a 'living heart' surrounded and pricked with thorns? A 'living heart' is made of soft and sensitive tissue. A 'living heart' having this experience is unthinkable. That apparition of Jesus showing His Heart suffering as such, should be enough for one to pause and make sure that he makes reparation to such a loving but wounded Heart.

The same with the Immaculate Heart of Mary, our Blessed Mother, the Mother of Sorrows. Her sorrowful heart with seven swords should make one stop and consider to love the Mother of the Redeemer and of the world, more than his own mother. One sword through the heart would kill a person. But seven swords, that is an overkill! But she took it because her love for us is second only to her love for God and her Son. So, these two Hearts are still suffering for us. Our only recompense to their Hearts is to always 'forgive and forget' offenders and offenses. It is only proper to do so, for we ourselves did injure their Hearts so many times before. (See Appendices A and B)



5. Refrain from using the word "hate" in your vocabulary. Of course, we should always hate Satan, heresies and sin but not the sinner(s). There was an incident 25 years ago where this word was used on this writer.

He was in a grocery store looking at which quaker oats to buy, the commercial or the store brand. While he was reading the labels an elderly lady came, stopped and said, "I hate quaker oats!" This writer turned to the woman and in a jest said, "Now tell me what did the quaker oats do to you to make you hate it?" The woman looked at this writer and said, "Are you insulting me?" "No!", this writer said.

He continued, "Hate is a very strong emotional averse word. It is complete repugnance to a person or object. If you do not like anything just say 'you do not like it' but do not use the word 'hate'. When one uses this word, the emotional crescendo increases like that big concerto reaching its climatic conclusion. But with hate, the climatic end is murderous intent. That is why so many people kill nowadays even husbands and wives lose control of their judgment and emotions because they 'hate this, hate that, hate him, hate her,' until they are ready to annihilate the object of hate. They had an argument and one ended up dead or injured!" The woman looked with surprise; her face became sullen and said, "Thanks for your correction." They proceeded to talk about spiritual things. When

you do not hate anything, everything that comes along is acceptable, even bad characters and bad situations.

All of these recommendations are difficult to do as experienced by this writer. The thought of Hell and its torments should give everyone the impetus to push themselves to do what needs to be done to avoid this eternal destination. These spiritual exercises and experiences are being shared so that others would be inspired to comply with Jesus' statement, "But he that shall persevere to the end, he shall be saved." (Matthew 24:13)

Let us all pray for evangelical Andy that he and others like him might be enlightened on the true meaning of 'forgiving and forgetting' offenses and offenders!



Appendix A

PRAYERS TO THE SACRED HEART OF JESUS



Daily Prayer

O SACRED HEART of Jesus, today, we wish to live in Thee, in Thy grace, in which we desire at all costs to persevere. Keep from sin, this poor sinner, my spouse, our children, all those for whom we pray for daily and all those Thou willest we should and ought to pray for.

STRENGTHEN our wills by helping us to keep watch over our senses, our imaginations and our hearts. Help us to correct all of our faults, which are the sources of sin.

WE BEG Thee to do this, O Lord Jesus, through the Blessed Virgin Mary, Thine and our most Immaculate, loving, caring and protecting Mother. Amen.

Daily Offering⁵

O MOST HOLY HEART OF JESUS, fountain of every blessing, I adore Thee, I love Thee and with a lively sorrow for my sins, I offer Thee this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Thy will. Grant, good Jesus, that I may live in Thee and for Thee. Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Thy blessing on all that I do, and the grace of a holy death. Within Thy Heart I place my every care. In every need let me come to Thee with humble trust saying, Heart of Jesus help me.

Merciful Jesus, I consecrate myself today and always to Thy Most Sacred Heart.

Most Sacred Heart of Jesus, I implore, that I may ever love Thee more and more.

Most Sacred Heart of Jesus, I trust in Thee.

Most Sacred Heart of Jesus, Have mercy on us!

Sacred Heart of Jesus, I believe in Thy love for me.

Jesus, meek and humble of heart, Make my heart like unto Thine.

Sacred Heart of Jesus, Thy Kingdom Come.

Most Sacred Heart of Jesus, Convert sinners, save the dying, deliver the Holy Souls in Purgatory.

Appendix B

DEVOTION TO OUR MOTHER OF SORROWS⁶



V. Lord, † open my lips. **R.** And my mouth shall declare Thy praise.

V. O God, † come to my assistance. **R.** O Lord, make haste to help me.

V. Glory be to the † Father, and to the Son, and to the Holy Ghost,

R. As it was in the beginning, is now and ever shall be, world without end. Amen.

⁵ Our Lady of Rosary Library, olrl.org

⁶ Based on the Devotion approved by Pope Pius VII in 1815.

1. The Prophecy of Simeon (Luke 2:34-35)

We grieve for thee, O Mary most sorrowful, in the affliction of thy tender heart at the prophecy of the holy and aged Simeon. Dearest Mother, by thy heart so afflicted, obtain for us the virtue of humility and the Gift of the Holy Fear of God.

Hail Mary... Our Mother of the Sorrowful Heart, *Pray for us now at the hour of our death.* Amen.

2. The Flight into Egypt (Matthew 2:13-14)

We grieve for thee, O Mary most sorrowful, in the anguish of thy most affectionate heart during thy escape into Egypt and thy sojourn there. Dearest Mother, by thy heart so troubled, obtain for us the virtue of generosity, especially towards the poor and the Gift of Piety. Hail Mary... Our Mother...

3. The Loss of The Child Jesus in the Temple. (Luke 2:43-45)

We grieve for thee, O Mary most sorrowful, in those anxieties which tried thy troubled heart at the loss of thy dear Jesus. Dearest Mother, by thy heart so full of anguish, obtain for us the virtue of chastity and the Gift of Knowledge. Hail Mary... Our Mother...

4. The Sorrowful Meeting of Jesus and Mary on His Way to Calvary.

We grieve for thee, O Mary most sorrowful, in the consternation of thy heart at meeting Jesus as He carried His Cross. Dearest Mother, by thy heart so troubled, obtain for us the virtue of patience and the Gift of Fortitude. Hail Mary... Our Mother...

5. The Crucifixion and Death of Our Lord Jesus Christ on the Cross.

We grieve for thee, O Mary most sorrowful, in the martyrdom which thy generous heart endured in standing near Jesus in His agony and death. Dearest Mother, by thy afflicted heart in such wise, obtain for us the virtue of temperance and the Gift of Counsel. Hail Mary... Our Mother...

6. The Taking Down of the Body of Jesus from the Cross.

We grieve for thee, O Mary most sorrowful, in the wounding of thy compassionate heart, when the lance struck the side of Jesus and pierced His heart before His body was lowered from the Cross. Dearest Mother, by thy heart thus transfixed, obtain for us the virtue of fraternal charity and the Gift of Understanding. Hail Mary... Our Mother...

7. The Burial of Jesus.

We grieve for thee, O Mary most sorrowful, for the pangs that wrenched thy most loving heart at the burial of thy dear Jesus. Dearest Mother, by thy heart sunk in the bitterness of desolation, obtain for us the virtue of diligence and the Gift of Wisdom. Hail Mary... Our Mother...

Let Us Pray

LET INTERCESSION be made for us, we beseech Thee, O Lord Jesus Christ, now and at the hour of our death, before the throne of Thy divine mercy, by the Blessed Virgin Mary, Thine and our Mother, whose compassionate heart was pierced by swords of sorrow since Thy Presentation in the Temple, and finally, in Calvary, her soul was grievously pierced by the bitter sword of Thy agonizing Passion and death; that we who reverently commemorate her sorrows, may worthily obtain the happy effect of Thy Passion. Who livest and reignest in unity with The Father and The Holy Ghost, One God, forever and ever. Amen.

OUR BLESSED MOTHER grants **Seven Graces** to the souls who honor her daily by meditating on her tears and dolors (sorrows). This devotion was passed on by St. Bridget.⁷

1. I will grant **peace** to their families.
2. They will be **enlightened** about the divine mysteries.
3. I will **console** them in their pains and I will **accompany** them in their work.
4. I **will give them as much as they ask** for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
5. I will **defend** them in their spiritual battles with the infernal enemy and I will **protect** them at every instant of their lives.
6. I will visibly help them **at the moment of their death**; they will see the face of their Mother.
7. I have obtained (this grace) from my Divine Son, that those who propagate this devotion to my tears and dolors, **will be taken directly from this earthly life to eternal happiness** since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

