

Southern Adventist University

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The Main Thing Devotional

Chaplain's Office

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## **Forgiving What You Can't Forget**

Joseph Khabbaz

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*But now, do not therefore be grieved or angry with yourselves because you sold me here; for God sent me before you to preserve life. - Genesis 45:5*

**Don't let what has happened to you make you lose sight of what God wants to do through you.** You may be familiar with the idiom, "Forgive and forget." It is often used by well-meaning people who are seeking to comfort someone based on a pain they have experienced, and although the alliteration may sound good, is it Biblical? We can find many reasons to rejoice when we read that God remembers our sins no more, but how does the attribute of "forgetting" translate-over to our everyday relationships?

When Joseph was reunited with his brothers, they were troubled. In a providential twist of events, the brothers who betrayed him were now the brothers who bowed to him in Egypt. Their unsettled spirit was not simply due to Joseph's greatness, it was also a reminder of their hateful ideations towards their favored brother. Joseph, however, saw things differently to his now obliging siblings. In Genesis 45:5 he does not forget that his brothers sold him, but he also clings to the promise that God sent him to Egypt to preserve their lives. He could not forget that he was *sold*, but he chose to focus on God's providence that he was *sent*. In doing so, God worked through Joseph to bless the very people that sought to destroy him. Could it be that the degree to which God blesses us is divinely connected to how willing we are to forgive those who have cursed us? Though challenging, let us not allow what has happened to us cause us lose sight of what God wants to do through us.

### **Reflection**

Joseph said to his brothers, "You **sold** me, but God **sent** me." When we think of those who have hurt us, we can acknowledge the pain while also confessing God's providence. Feel free to complete this sentence: You \_\_\_\_\_ (whatever hurtful thing someone has done to you), but God \_\_\_\_\_ (what God was able to accomplish through that hurt).

### **Prayer**

*Heavenly Father, You are working to renew my mind through the practice of choosing forgiveness. The more I focus on Your providence, the more You can break me free from the pain of past hurt. Although You do not remove adversity from my life, You can enlarge my heart to bless those who have sought to harm me. Embrace me in Your unfailing love and remind me that You always forgive me even when I have hurt You.*

### **NEWS AND RESOURCES**

- Join us for Vespers tonight in person at the BIG Tent (located across from the Hulsey Wellness Center). Please arrive early as seats are limited each week. Additional heating has been installed but feel free to bring a blanket, gloves, or beanie. You can also join us online at:
  - 6:30 pm: <https://southern.zoom.us/j/95186680742>
  - 8:00 pm: <https://southern.zoom.us/j/93458504346>
- Follow **@saucampusministries** on Instagram for updates on events and programs as well as encouraging messages!
- If you may be feeling anxious or have recently experienced loss or grief call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.)
- Share your prayer requests or praises with us via text message using your mobile phone. **Text-to-Pray: 423-281-8996.**

- While we cannot meet in person because of physical distancing restrictions, we encourage you to make an appointment to **talk online** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.