

Forgiving others requires help from the Holy Spirit, Pope says

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By [Carol Glatz, Catholic News Service](#)

- Forgiving those who have caused pain or offense is not easy, Pope Francis said.
- The Our Father opens a person's heart to forgiving others as God has forgiven him or her, the Pope said.
- Forgiving people who have offended us is not easy," he added, so people must pray to the Lord "to teach me to forgive as you have forgiven me." Human strength or will is not enough to be able to forgive, he said; it requires grace from the Holy Spirit.

1 Peter 3:8-12 New Revised Standard Version (NRSV)

Suffering for Doing Right

⁸ Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. ⁹ Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing. ¹⁰ For

“Those who desire life

and desire to see good days,

let them keep their tongues from evil

and their lips from speaking deceit;

¹¹ let them turn away from evil and do good;

let them seek peace and pursue it.

¹² For the eyes of the Lord are on the righteous,

and his ears are open to their prayer.

But the face of the Lord is against those who do evil.”