



KA PULE 'EKOLU O KA HIKINA

THE THIRD WEEK OF ADVENT

Ka Hau'oli – Joy

“Huikala a Ho'oku'u: Forgiveness is Extending Grace

By KS Kapālama Kahu Kordell Kekoa

Heluhelu Baibala / Scripture Reading

‘Epeso 4:32

E lokomaika'i 'oukou i kekahi i kekahi, e aloha aku me ka na'au, e kala ana ho'i kekahi i kekahi, e like me kā ke Akua i kala mai ai i ko 'oukou ma o Kristo lā.

Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Mana'o / Thoughts

In this third week of Ka Hikina, we look at a very difficult bridge that we must all cross in order to fully appreciate Kalikimaka and more so, life. This idea of forgiving others is not new to any of us. In fact, there is probably someone that came to mind as you read these first sentences.

Are you feeling anxious inside as you contemplate the situation in which you are with that person? Have you wondered, “What would life be like if I had never met that person? Can I do this by myself? Has anyone ever been in my position? What do I do?” These are all natural thoughts and many times discouraging. How do we battle through this hurt and pain?

These are great questions to set us up for a fantastic solution that will bring about peace, joy, and contentment during this Kalikimaka season. You will want to write today's date in your memory as a life changing Kalikimaka. We are talking about extending grace to you and to another. It is forgiving those who have done you wrong. No not just saying, "I forgive you." It is extending lokomaika'i – Ke Akua's undeserved favor through you. Wow! Something a person does not deserve, but will be life changing.

We can start by looking not at that other person, but rather at ourselves. When you forgive someone, does it feel like you ho'oku'u, or set them free? That you're letting them off the hook? Does it feel like you're making an excuse for their behavior? On the contrary, forgiveness isn't any of these things. It's not saying that what's wrong is okay. It's not forgetting hurt feelings. Forgiveness is extending grace. It is a person's willingness to 'auamo – bear the consequences of another person's choice. This is true forgiveness.

In Hawaiian, our word for forgiveness is kala or huikala. Kala means "to release, untie, unbind, let go." Our kūpuna recognized that a figurative cord that links the violated and violator in mutual unpleasantness must be "untied, released" by both. Ho'oponopono (mutual mediation) was a process in which kala or huikala (forgiveness) was exercised.

Remember we said this is not an easy lesson or action, but it brings so much freedom. This Advent Action sets us up for a memorable Christmas. This action is actually commanded by God, and it's something you can do for others... and for yourself.

We could define forgiveness as relinquishing the desire to hurt someone who hurt you. Let go of frustration and a mindset that revenge is the answer. Stabilize your mindset that this is not for you to settle. Say to yourself: "It is so much bigger than me... it comes from a higher power, a saving grace. Iesū, this baby that was born in a manger, has the power to forgive and I can have that same power to forgive others."

Our Queen Lili'uokalani exemplified kala, huikala against her enemies in Hawai'i's provisional government who overthrew the monarchy and falsely accused, humiliated and imprisoned her in 'Iolani Palace in 1895. During her captivity, Lili'uokalani composed one of her most poignant and classic hymns, "Ke Aloha o Ka Haku" (The Queen's Prayer). In verse three, she prays for Ke Akua's forgiveness – purifying and "setting right" all wrongs.

Mai nānā 'ino'ino	Behold not with malevolence
Nā hewa o kānaka	The sins of mankind
Akā e huikala	But forgive
A ma'ema'e nō	And cleanse

We can all try to exemplify such humility and dignity found in the Christ-like character of our ali'i Lili'u and her kaikua'ana (older sister) hānai, Bernice Pauahi.

Here's another cool connection. Have you noticed the word "give" in "forgive"? When we forgive, we give someone a makana, a gift that is free and freeing. This gift is like waiving off a penalty, where we give ourselves the gift of grudge-free living.

When we withhold forgiveness, it has been said that it is like an acid that does more damage to the vessel in which it is stored than on the victim it is poured. Unforgiveness brings bitterness and we end up making life more difficult for everyone involved. We not only refuse to offer what Ke Akua has given to us, but we also hurt ourselves. Unforgiveness bears down on your heart and gets in the way of spiritual growth.

Ke Akua knows it's not easy to forgive, but He wouldn't ask you to do something without giving you the strength to do it! Ask Him for the ability to forgive freely as you have been forgiven. He's the Master of the impossible! His desire is not for us to try to do this on our own.

He has said, "Cast all your cares on me for I care for you". He is already walking alongside you, He might even be holding your hand. Feel His presence in this time of waiting and now take action to make this the best Kalikimaka ever and a very successful Advent for 2016.

Advent Activities

1. Make a list of people who have violated you. Leave your list on the altar and give it to God.
2. Make a choice to forgive those who have violated you. When you have moments of hurt or negative feelings, take it to prayer. You could simply start with just saying the name of Jesus to calm your spirit and then pray for the individual with whom you have the offense.
3. Make a commitment to not live in unforgiveness and bitterness. It has been said that there are 3 kinds of forgiveness:
 - **Have you accepted God's forgiveness in your life?** By Jesus' death on the cross all your sins were canceled as it was said in John 19:30, "It is finished!"
 - **Have you forgiven others who have hurt you?** You must ho'oku'u "let go" of the pain of the past and hurt caused by others. Until you release it and forgive it, it will continue to hold you prisoner
 - **Have you forgiven yourself?** You may be holding on to guilt and shame from your past sin. Remember that God has given us instructions on what to do. "Come, let's talk this over!" says the Lord. "No matter how deep the stain of your sins, I can take it out and make you ma'ema'e – clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool! If you will only let me help you." (Isaiah 1:18-19)

Hymn/Song

Sometimes, a good song is all that we need to help us refocus on the right attitude or the correct action or just some time to find peace within ourselves. [Sing along](#) with Kamehameha Schools Kapālama High School junior Emi Ahlo, who has only been playing the piano for five years, as she helps us to ho'oku'u – "Let Go" of that frustration and "Let God" do His thing.

"Pō La'i Ē" – Silent Night

Pō la'i ē, pō kamaha'o	Silent night, holy night
Maluhia, mālamalama	All is calm, all is bright
Ka makuahine aloha ē	Round yon Virgin Mother and Child
Me ke keiki hemolele ē	Holy Infant so tender and mild
Moe me ka maluhia lani	Sleep in heavenly peace
Moe me ka maluhia lani	Sleep in heavenly peace

Pō la'i ē, pō kamaha'o	Silent night, holy night
'Oni nā Kahuhipa ē	Shepherds quake at the sight
I ko ka lani nani nō	Glories stream from heaven afar
Mele nā 'anela "Haleluia"	Heavenly hosts sing alleluia
Hānau 'ia Kristo ka Haku	Christ the Saviour is born
Hānau 'ia Kristo ka Haku	Christ the Saviour is born

Pō la'i ē, pō kamaha'o	Silent night, holy night
Keiki hiwahiwa aloha ē	Son of God, love's pure light
Ka lama la'i mai luna mai	Radiant beams from thy holy face
Me ka lokomaika'i makamae	With the dawn of redeeming grace
lesū i kou hānau 'ana	Jesus, Lord at thy birth
lesū i kou hānau 'ana	Jesus, Lord at thy birth

Pule / Prayer

E ke Akua, (ma ka inoa o Iesū), I make a fresh commitment to You to live in maluhia (peace) and lōkahi (harmony), not only with the other brother and sister of the body of Christ, but also with my friends (nā hoaloha), associates, neighbors and 'ohana.

E Ka Makualani, Ke mihi nei au, I repent of holding on to bad feelings toward others. I bind myself to godly repentance and kala – loosen myself from bitterness, resentment, envying, strife, and unkindness in any form. E Ke Akua Manaloa, I ask Your forgiveness for the sin of _____.

By faith, I receive it, having assurance that I am cleansed from all unrighteousness through Jesus Christ. I ask You to huikala (forgive) and ho'oku'u (release) all who have wronged and hurt me. I forgive and release them. Deal with them in Your aloha (mercy) and lokomaika'i, Your loving kindness.

From this moment on, I will walk in love, to seek for maluhia, peace, to live in agreement, and to conduct myself toward others in a manner that is pleasing to You. I know that I have right standing with You, and Your ears are attentive to my prayers.

It is written in Your Word that ke aloha o Ke Akua – the love of God – has been poured forth into my heart by Ka 'Uhane Hemolele, the Holy Ghost, Who is given to me. I believe that love flows forth into the lives of everyone I know, that we may be filled with and abound in the fruits of righteousness, which bring glory and honor unto You, e Ka Haku.

Ma ka inoa o Iesū Kristo. 'Āmene.