

## Overcoming evil with good

Sudan is a country of people who forgive. We feel that God's peace is being reborn among us through the Sudanese people who are forgiving the hurts and wounds of 21 years of war. Forgiveness is truly a gospel value in Sudan.

Look at the word of Jesus in Luke's gospel: 'Love your enemies, do good to those who hate you.' (Lk 6:27). Hate multiplies hate. Violence multiplies violence. Love is the only energy capable of transforming an enemy into a friend. We befriend an enemy by forgiveness and not by hate and revenge. Only love can drive out hate. Martin Luther King said: 'Whoever is devoid of the power to forgive is devoid of the power of love.'

There is an ancient tale about a grandfather who explains to his grandson that within every person there are two lions: one is the lion of anger, resentment, jealousy, competition and fear. The other lion, through suffering, has learned to live in peace and harmony with the other animals, to show compassion and respect to those who are different from oneself. The grandson asks his grandfather which lion will win within him and the grandfather answers: 'The one you feed.'

We need to help each other to choose again and again to feed the lion of peace within us if we are to be among those who are rebuilding our world with love and peace.

Which lion will win in you?

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*Courtesy of Solidarity with Southern Sudan [www.solidarityssudan.org](http://www.solidarityssudan.org)*