

Tips For Making Forgiveness Real In Your Life

- Saying “I’m sorry” doesn’t always mend a relationship. Presents or actions meant as presents don’t heal a hurt. Pretending nothing happened won’t work either.
- Without forgiveness, people drift apart. One remembers his hurt, and the other remembers his guilt.
- You can’t forgive a person who isn’t there. If you want forgiveness, you must be there.
- Forgiveness means that the one who inflicted the injury must present himself or herself to the one who was hurt.
- The hidden obstacle to our asking forgiveness is the fact that we can’t forgive ourselves. Our action has made us hate ourselves.
- Thinking about the worth of the other person leads us to forget our own worthlessness. We move toward this worth.
- Forgiveness frees each from looking at himself, his fault or his hurt. Forgiveness sets up the person-to-person relationship again.
- We can be even closer after forgiveness than we were before.