

# **ON FORGIVENESS**

Life is never perfect and often unfair. Forgive life's inevitable failures.

Self forgiveness cleanses the soul, washing away shame and guilt. Out of self forgiveness comes the power to extend forgiveness to others.

Forgiveness means bending without breaking, being strong enough to withstand the heavy weight of injury but resilient enough to recover. Be forgiving.

Forgive yourself for what you regret doing and for what you wish you had done, for not being fully yourself and for being only yourself.

Confront those who have hurt you; tell them how you feel. When that's impossible or when that could harm you or someone else, speak to them in your imagination.

Justice may right the wrongs, but forgiveness heals the hurt. Seek forgiveness beyond justice

You have the right to feel sad, betrayed, angry, resentful when you've been injured. Understand, accept, and express your feelings. Pushing them below the surface only means they will erupt in another place, at another time.

Forgiveness does not mean accepting further abuse or continuing destructive relationships. Establish boundaries for what is acceptable to you and make those boundaries clear to others. Hold them accountable for their actions.

To refuse to forgive is to continue to hurt yourself. Victimized once, your lack of forgiveness keeps you stuck as a victim, holding on to a victim's identity. Instead, claim the identity of one who forgives.

Victims are helpless, at the mercy of the offender. By showing mercy to an offender you put yourself back in control. Take charge by forgiving.

Sometimes people hurt you. Because, like you, they are learning and growing. Forgive their incompleteness, their humanness.

Recognize how you've refused to forgive. Keeping inner monsters at bay requires energy. Instead use your energy to affirm and embrace life.

Know that forgiveness is possible even in the most hurtful circumstances, even toward someone you may not trust or respect, even when someone doesn't seem to deserve forgiveness. It is a testimony to the goodness your Creator instilled within you from the first moment of your being.

Think of forgiveness as a powerful survival skill. It helps you find your way through the wilderness of misunderstanding, hurt, resentment, and hatred.

Let forgiveness be the catalyst for a healthy chain reaction. Forgiveness sterilizes the wound which permits healing, which releases energy for growth.

No offense is unforgivable- unless you make it so. Use your power wisely.

Forget about forgetting an injury. That's not always possible and maybe at times not even desirable. Rather, choose to move on, past remembering to forgiveness.

No loving relationship is free of hurts. Bind up the wounds of love with forgiveness.

**Forgiveness is the only real prescription for the pain you feel over someone else's behavior. The healing choice is yours to make.**

**Forgiveness may seem futile when you see no immediate results. But healing and growth are like fine aged cheese not instant mashed potatoes. Give forgiveness time.**

**If you find it hard to forgive your parents for their imperfect parenting, remember: they were shaped by the imperfect parenting they received from parents who were shaped by their own parenting and so on and so on...**

**When you are having a difficult time forgiving recall a moment when you wanted to be forgiven. offer the other person what you wanted to receive.**

**Don't put conditions on your forgiveness, or your inner peace will depend on the decision of the person who hurt you. Make your own choice.**

**Accept the possibility of rebuilding a relationship. Past offenses can be bulldozed and buried and a better life built atop the debris.**

**Allow forgiveness to open the door to reconciliation. Today's bully could be tomorrow's friend.**

**You cannot change someone for the better by holding a grudge. Grudges only change YOU for the worse.**

**Forgiveness is a lifelong process. Forgive over and over even for the same offense.**

**Forgiveness takes practice. Start with small hurts and work your way up to the big ones**

**Forgive even when there has been no apology or restitution. If you withhold forgiveness until a wrong is made right, you risk condemning yourself to a life sentence of unresolved bitterness; you risk letting your life be shaped by someone else's actions.**

**Forgiveness is not something you do for someone else; it is something you do for yourself. Give yourself the gift of forgiveness.**

**To help you forgive, picture the other person surrounded by the light of God. See yourself stepping into that same light, and see God's presence with you both.**

**When someone won't forgive you, refusing to forgive in return is no answer. That's like, wrapping yourself in the others chains. Keep yourself free; forgive.**

**Ask yourself whether "I can't forgive means "I Won't forgive. Then turn Your heart toward the -warmth of God's love and allow that love to thaw your heart.**

**Forgiveness takes courage and determination. Dig deep and you will find the strength you need.**

**No one can make you feel bad. You have the power to choose between getting bitter and getting better. Take responsibility for your feelings; claim your power.**