

Forgiveness

Matt 9:1-6

Matt 18:12-14

Matt 18:21-35

Luke 17:3-4

Romans 12:17, 19-21

1 Peter 3:9

“Always forgive your enemies; nothing annoys them so much.”

Oscar Wilde (1854-1900)

●When you see a good man, think of emulating him; when you see a bad man, examine your own heart.

—Confucius

“I’ve had a few arguments with people,” comedian Buddy Hackett once confessed, “but I never carry a grudge. You know why? While you’re carrying a grudge, they’re out dancing.”

Be Quick To Praise, Slower To Criticize.

●The greatest remedy for anger is delay.
—Seneca

●The best answer to anger is silence.
—German Proverb

●Keep cool; anger is not an argument.
—Daniel Webster

●Swallowing angry words before you say them is better than having to eat them afterwards.

●“He who goes to bed angry has the devil for a bed-fellow.” Never take your enemies to bed with you.

—Old Latin

If you cannot surrender yourself to the process of life, you are like a stream arguing with a rock.

Do you think a river comes up to a rock and spends all its time trying to move it?

Of course not.

The stream encompasses the rock.

The rock becomes a feature of the stream.

In time the rock becomes smooth and all its edges polished.

The radiance in its structure is revealed.

Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself.

Leviticus 19:18

“Don’t judge any man until you have walked two moons in his moccasins.”

Native American proverb

“You cannot shake hands with a clenched fist.”

Indira Gandhi (1917-1984)

“To be suspicious is to invite treachery.”

Voltaire (1694-1778)

●Longfellow: "If we could only read the secret history of our enemies, we would find in each man's life, sorrow and suffering enough to disarm all hostility."

●Search seven times before you suspect anyone.

—Japanese Proverb

●Never judge a man by what he says; try and find out why he said it.

●When you meet a man, you judge him by his clothes; when you leave, you judge him by his heart.

—Russian Proverb

Soft Answer Diffuses Wrath

The Speech Research Unit of Kenyon College proved through tests that when a person is shouted at, he simply cannot help but shout back . . . You can use this scientific knowledge to keep another person from becoming angry; control the other person's tone of voice by your own voice. Psychology has proved that if you keep your voice soft you will not become angry. Psychology has accepted as scientific the old Biblical injunction, "A soft answer turneth away wrath."

—Les Giblin

The Oneness of Love

To be truly happy in love,
I know we must seek oneness.
Sometimes this involves things
that are difficult for me:
honesty when I would rather lie a little,
talking out when I would rather pout,
admitting embarrassed feelings
when I would rather blame someone,
standing there when I would rather run,
admitting doubt when I would rather
pretend certainty,
and confronting when I would rather
settle for peace at any price.
None of these things
brings immediate peace and happiness.
But I know that love works
if we will work at it.

John Powell, S.J.

●Believe me, every man has his secret sorrows, which the world knows not; and oftentimes we call a man cold when he is only sad.

—Longfellow

High Cost Of Anger

Anger weakens a man. It puts him at a disadvantage in every undertaking in life. When Sinbad and his sailors landed on one of their tropical islands, they saw high up in the trees coconuts which could quench their thirst and satisfy their hunger. The coconuts were far above the reach of Sinbad and the sailors, but in the branches of the trees were the chattering apes. Sinbad and his men began to throw stones and sticks up at the apes. This enraged the monkeys and they began to seize the coconuts and hurl them down at the men on the ground. That was just

what Sinbad and his men wanted. They got the apes angry so that the apes would gather their food for them. That is a good illustration of how by indulgence in anger we play into the hands of our foes.

—C. E. Macartney

FORGIVENESS

I can pardon everyone's mistakes but my own.
—Marcus Porcius Cato (234–149 B.C.)

He that cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven.
—Thomas Fuller (1608–1661)

Forgiveness is the key to action and freedom.
—Hannah Arendt

For my part I believe in the forgiveness of sin and the redemption of ignorance.
—Adlai Stevenson

To be wronged is nothing unless you continue to remember it.
—Confucius (c. 551–479 B.C.)

The offender never pardons.
—George Herbert (1593–1633)

People will sometimes forgive you the good you have done them, but seldom the harm they have done you.
—Somerset Maugham

It's far easier to forgive an enemy after you've got even with him.
—Olin Miller

We should forgive our enemies, but only after they have been hanged first.
—Heinrich Heine (1797–1856)

Without forgiveness life is governed by an endless cycle of resentment and retaliation.
—Roberto Assagioli

Never does the human soul appear so strong as when it forgoes revenge, and . . .
—Sioux Proverb

Before I judge my neighbor, let me walk a mile in his moccasins.

Treat all men alike. Give them all the same laws. Give them all an even chance to live and grow.
—Chief Joseph