**Forgiveness**

**Forgiveness first, then love: If it should happen therefore**

**that while you are presenting your offering upon the altar,**

**and right there you remember that your brother**

**has any grievance against you,**

**leave your offering there upon the altar,**

**and first go and make peace with your brother,**

**and then come back and present your offering.
*(St. Matthew 5:23-24)***

**Try to get reconciled with your accuser promptly,**

**while you are going on the road with him;**

**for your accuser might surrender you to the judge,**

**and the judge would commit you to the jailer,**

**and you would be cast into prison.**

***(St. Matthew 5:25)***

**For if you forgive others their trespasses,**

**your heavenly Father will also forgive you.**

***(St. Matthew 6:14)***

**Then Peter came up and said to him, my Lord,**

**if my brother is at fault with me,**

**how many times should I forgive him?**

**Up to seven times? Jesus said to him,**

**I do not say to you up to seven times,**

**but up to seventy times seventy-seven.**

***(St. Matthew 18:21-22)***

**Whenever you stand praying, forgive,**

**if you have anything against anyone.**

***(St. Mark 11:25)***

**Forgive, and you will be forgiven.**

***(St. Luke 6:37)***

**Then Jesus said, "Father, forgive them;**

**for they do not know what they are doing."**

***(St. Luke 23:34)***

**Anyone whom you forgive, I also forgive.**

***(2 Corinthians 2:10)***

**And be kind one to another and tenderhearted,
forgiving one another,
even as God has forgiven us through Christ. *(Ephesians 4:32)***

**When I forgive people, events and things for my errors, I am accepting my part in God’s plan of salvation; thus, I fulfill my purpose in being here, on earth. *(Susan Barclay, in The Greater Joining)***

**About three years ago, I was in the hospital for surgery. I was required to stay for several days after the operation. When I began to feel better, I got bored. My daughter visited me every day, so I asked her to bring me a new address book. My old address book was full of names and addresses that had been crossed off and rewritten due to moves or changes in marital status. It was a mess, so I decided it was a perfect time to transcribe every name and address neatly and correctly into my brand new book. It occurred to me that this was an opportunity to advance my healing through forgiveness. As I rewrote the new information into my book, I reflected on my past and present relationship with each person, and I did a forgiveness exercise. I forgave myself for any perceived wrong or failure to love that may have occurred on my part and, in turn, forgave them for any perceived wrongdoing on their part. What a release! I was well and out of the hospital in record time, and I haven’t been back or had a recurrence of that illness since. Now, every time I use that address book and look at a name of one of my dear friends or relatives, I say a forgiveness affirmation and feel a new peace in my heart. *(Mary Sigmann, in Unity magazine)***

**The child kneeling by his bed looks up to God and says: “After you’ve forgiven me, will you explain this to Santa Claus?” *(Bunny Hoest & John Reiner, in Parade magazine)***

**Forgive me for allowing myself to be hurt by you so easily. *(Ashleigh Brilliant, in Pot-Shots)***

**Sign in the window of the British Airways ticket office in Philadelphia: “Come home, America -- all is forgiven." *(Karl F. Hoelzel, in Reader's Digest)***

**Forgiveness is the greatest gift you can give yourself. It’s not for the other person. *(Maya Angelou, in Woman’s World)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Anger makes you smaller, while forgiveness forces you to grow beyond what you were. *(Cherie Carter-Scott)***

**You don’t have to accept the invitation to get angry. Instead, practice forgiveness, empathy, and encouragement. *(Dan Fallon)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Albert Cliffe tells a story of the healing power of love that I have never forgotten. I have passed it on to many people. Cliffe said that a man crippled with a form of arthritis came to visit him one day. The man was on crutches, barely able to get around. Cliffe asked him how this condition had begun and was told that the condition had first shown up about six years previously. At that time he and his brother were partners but they had a falling out. They parted in anger and the families refused to speak to each other. It came out as they talked that the man had developed hate toward his brother and as his hate grew so did his sickness. Now crippled, he wanted God to help him. Cliffe showed him the evil of his ways and told him that he must practice complete forgiveness of that wrong even if it were true, as he said, that his brother had robbed him. He must ask forgiveness of his brother and tell God that he wanted to be forgiven for hating his brother. Together they prayed over this and the man was able to find complete forgiveness in his heart for his brother. He dictated a letter to his brother on the spot and sent it by special messenger. At that point Dr. Cliffe said that a surprising thing happened. The man arose to go, and suddenly walked across the room, put his hat and coat on, and thanked Dr. Cliffe. Then Dr. Cliffe asked, “What about your two crutches over there?” He had not realized that for the first time in years he did not need the crutches. He never needed them again. Love had triumphed. Love, the healing power within each one of us, can perform the miracle once we unify with it. *(Jack E. Addington)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**First dog: “Mooch! How will you ask for forgiveness?” Mooch: “I’ll give ‘em the ol’ ‘puppy eyes.’” First dog: “Hey! That’s my trick!” Mooch: “Sorry.” *(Patrick McDonnell, in Mutts comic strip)***

**I have made what seems to me a discovery. I was fearfully sick; I had all the ills of mind and body that I could bear. Medicine and doctors ceased to give me relief, and I was in despair when I found practical Christianity. I took it up and I was healed. I went to all the life centers in my body and spoke words of Truth to them -- words of strength and power. I asked their forgiveness for the foolish, ignorant course that I had pursued in the past, when I had condemned them and called them weak, inefficient, and diseased. I let a little prayer go up every hour that Jesus Christ would be with me and help me to think and speak only kind, loving, true words. *(Myrtle Fillmore, co-founder of Unity)* In two years, Myrtle Fillmore was no longer an invalid. Through her prayers she was made absolutely whole. *(James Dillet Freeman, in The Story of Unity, p. 47-49)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**My forgiveness is now available, if you consider it worth having. *(Ashleigh Brilliant, in Pot-Shots)***

**Nothing in this lost world bears the impress of Jesus so surely as forgiveness. *(Alice Cary)***

**Jesus says to forgive before you pray. Why? Because you want an answer to something, and to get that answer it has to come through you. But it cannot come through human hatred and revenge thoughts and anger. We have to let go. We have the power, inside of us, to forgive sins of other people and of ourselves. That is a tremendous power. It’s one of the best. People are always surprised when you do this. *(Christopher Ian Chenoweth)***

**It’s usually better to beg forgiveness than to ask permission, especially if I’m taking a Saint Bernard to see a child in the ICU. *(Nurses: Jokes, Quotes, and Anecdotes – 2005 Calendar)***

**My behavior was inexcusable, but not, I hope, unforgivable. *(Ashleigh Brilliant, in Pot-Shots)***

**Forgiveness is better than revenge, for forgiveness is the sign of a gentle nature, but revenge is the sign of a savage nature. *(Epictetus)***

**Old Bill was dying. With time running out, he wanted to make things right with his friend Harry. Once best friends, Bill knew their relationship was presently at odds. Bill had often challenged Harry on trivial matters, and in recent months, they hadn’t spoken at all. Sincerely wanting to resolve the problem, Bill sent for Harry. When Harry arrived at Bill’s hospital bed, Bill apologized for his role in hurting their relationship. Bill said he was afraid of entering eternity with bad feelings between them, and he wanted to make things right before he died. Then he reached out for Harry’s hand and said, “I forgive you. Will you please forgive me?” What joy that brought to Harry, and he agreed forgiveness was in order. Just as Harry was leaving, however, old Bill shouted after him, “But remember, if I don’t die and somehow get better, this doesn’t count!” *(Glenn Van Ekeren, in The Speaker’s Sourcebook, p. 160***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The glory of Christianity is to conquer by forgiveness. *(William Blake)***

**It is easier to forgive an enemy than to forgive a friend. *(William Blake)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**In my last ministry when I went on vacation, my board president, who was a very close personal friend of mine, embezzled $13,000 of church funds. He bought a health club for his girlfriend. Now, when I got back, I discovered it and told the board. Several in the church found out about it and in the good Christian way they wanted to hang the man up on the rafters and watch him die a slow and cruel death. I said, “No, we have to follow the teachings. What do we have to do? Number 1, we have to erase it from our mind. Number 2, we have to love this man. And number 3, we have to forgive.” So we went to this and did this. It shocked people all around us just like it shocked the scribes and the Pharisees. But forgiving is why we are here. Of course, we got the money back. And we also probably saved a life - our own. *(Christopher Ian Chenoweth, Unity Minister)***

**A book checked out of a former library run by a British cathedral has been returned more than 300 years after it was borrowed. The book, a 1704 printing of The Faith and Practice of a Church of England-Man, was sent by a woman who found it among her godmother's belongings. The Reverend Canon Keith Farrow of Sheffield Cathedral told the family the overdue fee could buy the cathedral a new roof. "But I did promise the family I wouldn't charge them the fine," he said. "It's a joy to have this little jewel back." *(The Week magazine, July 30, 2021)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Only the brave know how to forgive. *(Bob Phillips, in Book of Great Thoughts & Funny Sayings, p. 132)***

**Even brave people are not always brave enough to forgive. *(Ashleigh Brilliant, in Pot-Shots)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Every enemy you make has ten friends. The only way to break the cycle of the orbit of consciousness of hate, revenge, and anger in this world is through forgiveness. Left unchecked, we have nothing but reoccurring war and reoccurring hatred. We see the Arab and Israeli issues and problems in the West Bank. Forgiveness of the past is the only answer. We must forgive and we must press on. *(Christopher Ian Chenoweth, Unity Minister)***

**Let us learn to forgive quickly -- that is to substitute the right thought for the wrong. Substitute the faith thought for the fear thought. *(Nona L. Brooks)***

**We all like to forgive and we all love best not those who offended us least, nor those who have done most for us, but those who make it most easy for us to forgive them. *(Samuel Butler)***

**An entire city practices forgiveness: After taking office in 1990, one of the first actions I took as Mayor was to organize a citywide Cleanup, Clean-Out Campaign to rid the city of surface grit and grime. I got the idea from reading about the “Vacuum Law” in Dr. Catherine Ponder’s books. The next campaign, entitled “The Forgiveness Campaign,” was aimed at ridding the city and the surrounding area of long held resentments and negative emotions which had kept us from realizing our potential for success and prosperity. This forgiveness campaign captured the imagination of the community, business leaders, clergy, and even the average citizen -- all of whom participated in citywide activities and discussions on the topic. Even The Wall Street Journal was fascinated! An entire city owes Dr. Ponder a debt of gratitude for pointing the way in her books. *(Mayor Franklin T. Gerlach, Portsmouth, Ohio)***

**The one thing your friends will never forgive you is your happiness. *(Albert Camus)***

**Little boy: “I can't believe I dropped two pop flies and let three grounders go through my legs. I stink!" Dog: “Are you kidding! You're the greatest ball player who ever lived!" Little boy: “To err is human, to forgive is canine." *(Brian Basset, in Red & Rover comic strip)***

**Most people won’t give up on trying to force others to take care of them because they won’t forgive their early caretakers for not having done a perfect job. Forgiveness is critical to physical and psychological health. *(Brad Blanton, in Radical Honesty)***

**The more a man knows, the more he forgives. *(Catherine the Great)***

**When you forgive, you in no way change the past, but you sure do change the future. *(Bernard Meltzer, radio host)***

**Every sin must be atoned for, all karmic debt must be paid. However, the choice is ours whether we work it out in the cycle of retribution, through prolonged suffering in “the furnace of affliction,” or whether our payment of debt is through the discipline of rising above the consciousness from which the act was committed into the freedom of spiritual understanding where we go forth and “sin no more.” This is what Jesus called “forgiveness.” *(Eric Butterworth, in Discover the Power Within You, p. 137)***

**A Christian is not perfect; he is FORGIVEN. *(Car Bumper Sticker)***

**The word forgive is the combination of the words give and for. When I ask myself what I would be willing to give for peace of mind, I have a new understanding of what it means to forgive. I give up attachment to pain and anger in order for me to enjoy a better life. I give up judgment or criticism of my own past actions for the freedom to live in loving ways. *(Unity Daily Word magazine, April 18, 2012)***

**Forgiveness is our command. Judgment is not. *(C. Neil Strait)***

**When we forgive another person, we are really saying, “I no longer give you the power to control how I think, feel or behave. I now take responsibility for myself.” *(Dr. Wayne Dyer)***

**Good week for: Missionary work, after Fox News news-anchor Brit Hume made an on-air plea to the adulterous Tiger Woods to convert from Buddhism to Christianity. “I don’t think that (Buddhism) offers the kind of forgiveness and redemption that is offered by the Christian faith,” Hume said. *(The Week magazine, January 15, 2010)***

**An Ohio woman married a man convicted of killing her half-brother decades ago. Crystal Straus and John Tiedjen began their unlikely courtship when she wrote to say she forgave him for killing Brian McGary, and he wrote back swearing he was innocent even though he’d confessed to the murder. “We started talking, and it just sparked,” Tiedjen said. When his conviction was overturned, he and Straus wed – but Tiedjen is now awaiting a retrial. “It’s definitely not a fairy tale,” Tiedjen’s attorney said of the romance.” But it’s so genuine.” *(The Week magazine, August 27, 2021)***

**To forgive everyone is as much cruelty as to forgive no one. *(Greek proverb)***

**He: “How about you and me stopping for a cup of coffee?” She: “No, I don't think I should.” He: “Do you think your husband might find out?” She: “He might.” He: “Do you think he'd get mad?” She: “Of course.” He: “Well, do you think he'd get over it?” *(Chet Klingensmith, in Reader's Digest)***

**Motto displayed over the desk of a country editor: “Lord, give me this day my daily idea, and forgive me the one I had yesterday.” *(Ralph McGill, in Reader’s Digest)***

**Anger is often more harmful than the injury that caused it. When Leonardo da Vinci was working on his painting “The Last Supper,” he became angry with a certain man. Losing his temper he lashed the other fellow with bitter words and threats. Returning to his canvas he attempted to work on the face of Jesus, but was unable to do so. He was so upset he could not compose himself for the painstaking work. Finally he put down his tools and sought out the man and asked his forgiveness. The man accepted his apology and Leonardo was able to return to his workshop and finish painting the face of Jesus. *(Bits & Pieces)***

**On a cold winter evening a man suffered a heart attack and after being admitted to the hospital, asked the nurse to call his daughter. He explained, “You see, I live alone and she is the only family I have.” The nurse went to phone the daughter. The daughter was quite upset and shouted, “You must not let him die! You see, Dad and I had a terrible argument almost a year ago. I haven't seen him since. All these months I've wanted to go to him for forgiveness. The last thing I said to him was ‘I hate you.’” The daughter cried and then said, “I'm coming now. I'll be there in thirty minutes.” The patient went into cardiac arrest, and code 99 was alerted. The nurse prayed, “O God, his daughter is coming. Don't let it end this way.” The efforts of the medical team to revive the patient were fruitless. The nurse observed one of the doctors talking to the daughter outside the room. She could see the pathetic hurt in her face. The nurse took the daughter aside and said, “I'm sorry.” The daughter responded, “I never hated him, you know. I loved him. And now I want to go see him.” The nurse took her to the room, and the daughter went to the bed and buried her face in the sheets as she said good-bye to her deceased father. The nurse, as she tried not to look at this sad good-bye, noticed a scrap of paper on the bed table. She picked it up and read: “My dearest Janie, I forgive you. I pray you will also forgive me. I know that you love me. I love you, too, Daddy.” *(Christian Clippings)***

**Decide to forgive, for resentment is negative. Resentment is poisonous; resentment diminishes and devours the self. Be the first to forgive, to smile and to take the first step, and you will see happiness bloom on the face of your human brother or sister. Be always the first; do not wait for others to forgive. For by forgiving, you become the master of fate, the fashioner of life, the doer of miracles. To forgive is the highest, most beautiful form of love. In return you will receive untold peace and happiness. Here is the program for achieving a truly forgiving heart: Sunday: Forgive yourself. Monday: Forgive your family. Tuesday: Forgive your friends and associates. Wednesday: Forgive across economic lines within your own nation. Thursday: Forgive across cultural lines within your own nation. Friday: Forgive across political lines within your own nation. Saturday: Forgive other nations. Only the brave know how to forgive. A coward never forgives. It is not in his nature. *(Robert Muller)***

**One pardons in the degree that one loves. *(La Rochefoucauld)***

**Dolly kneels and prays: “. . . And please forgive the dessert Grandma had at the restaurant. She said it was sinful.” *(Bil Keane, in The Family Circus comic strip)***

**A young boy was quite disobedient. His father wanted to impress upon him the seriousness of his disobedience. Each time the boy did something that was wrong, his father had him drive a nail into a post. Each day that he did well, however, he was allowed to remove a nail from the post. As he grew older, the boy’s good days exceeded his bad and soon the post had no more nails in it. However, the young man noticed one day that the holes in the post were still there where the nails had been. The deeds had been forgotten, but the scars remained. God forgives us for our misdeeds, but God does not suspend the law of consequences. *(Dynamic Preaching)***

**How about this for the updating of an ancient aphorism: “To err is dysfunctional; to forgive, co-dependent.” *(L. M. Boyd)***

**Earth is Forgiveness School. *(Anne Lamott, author)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**It is easier for the generous to forgive than for the offender to ask for forgiveness. *(Bob Phillips, in Heavenly Humor, p. 86)***

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Helping people exchange negative emotions for positive ones is now a central focus of training at Harvard’s Mind/Body Medical Institute. The institute teaches meditation, including daily contemplation of positive qualities like appreciation, perfection, serenity, and love. Health caregivers are encouraged to think about forgiveness and spirituality in their own lives so they can offer more compassion to patients. “Sometimes problems are fixed technically, but healing does not occur on deeper levels,” says Christine Puchalski, course director and assistant professor of medicine at George Washington University. *(Jane Lampman, in Catholic Digest)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Minister to congregation: “Learn to forgive your enemies. It will drive them up the wall.” *(Bo Brown, in Sign)***

**Forgive your enemies -- if you can’t get back at them any other way. *(Franklin P. Jones, in The Wall Street Journal)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Forgiveness does not change the past, but it does enlarge the future. *(Paul Boese)***

**In Ephesians 4:31-32 it says, “Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another.” The truth of the matter is that the longer you hold a grudge, the longer you nurse it, the worse it gets. *(Christopher Ian Chenoweth)***

**In a recent chapel service bulletin from Chaplain Wendell C. Hawley, comes a classic illustration of forgiveness. When the Moravian missionaries first went to the Eskimos, they could not find a word in their language for forgiveness, so they had to compound one. This turned out to be Issumagijoujungnainermik. It is a formidable looking assembly of letters, but an expression that has a beautiful connotation for those who understand it. It means: “not-being-able-to-think-about-it-anymore.” *(Minister’ Research Service)***

**“How can I forgive my ex-husband who abandoned me and then took the children away from me through lying and was able to steal all of the property that we had accumulated during our married life?” An answer was a further question to her, “How can you afford not to forgive him? By holding resentment you are destroying only yourself.” *(Jack E. Addington, in Abundant Living magazine)***

**The child kneeling by his bed looks up to God and says: “After you’ve forgiven me, will you explain this to Santa Claus?” *(Bunny Hoest & John Reiner, in Parade magazine)***

**Countless sermons have been preached on how the Holy Family was turned away from this famous inn. But I thought of it this way: have to make room in the “inn” within me. If I desire new good to come into my life, to manifest and come forth, I have to provide space. The thought came to me that I make room in my life for this new good by forgiving. *(David Williamson, in Unity magazine)***

**One must forgive fashion everything because it dies so young. *(Jean Cocteau)***

**Forgiveness is primarily for our own sake, so that we no longer carry the burden of resentment. But to forgive does not mean we will allow injustice again. *(Jack Kornfield, in Buddha’s Little Instruction Book)***

**Successful fragrance launches typically make $650,000 a week. But hip-hop producer Sean “P. Diddy” Combs’ fragrance, Unforgivable, has earned $1.3 million to $1.5 million a week since its launch last winter. *(New York Post, as it appeared in The Week magazine, April 14, 2006)***

**Doing an injury puts you below your enemy, revenging one makes you but even with him, forgiving it sets you above him! *(Benjamin Franklin)***

**When we forgive, we free ourselves from the bitter ties that bind us to the one who hurt us. *(Claire Frazier-Yzaguirre)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Some people forgive their enemies; others even forgive their friends. *(Evan Esar, in 20,000 Quips & Quotes, p. 324)***

**You may have noticed that every enemy you made has ten friends. And every friend you made has ten more friends. *(Paul Lee Tan, in Encyclopedia of 7700 Illustrations)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Forgive, O Lord, my little jokes on Thee, and I’ll forgive Thy great big one on me. *(Robert Frost, In the Clearing)***

**Forgiveness is a funny thing. It warms the heart and cools the sting. *(William Arthur Ward)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**In the late afternoon of January 30, 1948, Gandhi was shot as he was beginning an evening prayer meeting in the gardens of Birla House in Delhi. One thousand followers who had gathered to pray for Hindu-Muslim unity watched as the assassin approached Gandhi, hands clasped in traditional Hindu greeting, and then fired three shots in near-point-blank range. As Gandhi fell to the ground, his eyes held on his assassin, and he gave a Hindu gesture of forgiveness. He was quickly taken back to Birla House and placed on a couch with his head in the lap of his 16-year-old granddaughter, Mani. He died a half-hour later. *(L. O., in The Book of Lists #2, p. 449)***

**The weak can never forgive. Forgiveness is the attribute of the strong. *(Mahatma Gandhi)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Forgiveness is a gift of high value. Yet it costs nothing. *(Betty Smith)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**If in our immaturity we make mistakes, the law will reveal it, and the love of the Father will forgive (will “give for” the mistakes a better understanding of the things needful) and lead us in a better way. *(Myrtle Fillmore’s Healing Letters, p. 133)***

**The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity. *(Paul Lee Tan, in Encyclopedia of 7700 Illustrations)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Forgiveness really doesn't come from God, for God does not receive offense. Because man knows offense he must forgive, and his forgiveness never can have effect save in his own consciousness. *(A Synoptic Study of the Teachings of Unity, p. 69)***

**People often say “forgives,” or they might pray to God for forgiveness, but God cannot forgive because God has not judged. God cannot see anything which needs forgiving. *(Richard & Mary-Alice Jafolla, in The Quest)***

**Often, because we think God must be awfully busy, we feel justified in carrying out His justice. We do this so that nobody gets away with a thing. However, we are the ones who never get away with a thing. *(William Earle Cameron, Unity Minister)***

**It is the level of thought that sets the person at cross purposes with God, and only by changing one’s thoughts can one find forgiveness. God always forgives because there is no unforgiveness in God. Love is omnipresent in us, and releasing the thought that obstructed the love frees that love flow. *(Eric Butterworth, in Unity magazine)***

**After languishing for months in Hitler's prison, Martin Niemoller emerged saying: “It took me a long time to learn that God is not the enemy of His enemies!” *(Paul Lee Tan, in Encyclopedia of 7700 Illustrations)***

**God can’t forgive you. God doesn’t forgive, because God doesn’t hold unforgiveness. *(Eric Butterworth, in Commitment of Love)***

**Of course God will forgive me; that’s his business. *(Heinrich Heine, in Last Words, 1856)***

**In a world of anger, such treatment, such complete acceptance and forgiveness is not only unexpected but is almost incomprehensible. God’s message to you, very simply, is you are forgiven. Everyone else is forgiven. So why are you holding this in your mind? Why do you continue to poison yourself with this thought? The Father eagerly waits our return in total love. *(Christopher Ian Chenoweth, Unity minister)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**There’s no getting around it – forgiveness is good for you and holding a grudge is not. Many people believe that to forgive is to let the offender off the hook. But a growing body of research reveals that people who forgive have improved relationships and fewer health problems, including serious illnesses. Forgiveness reduces anger and stress. Research also shows that people who are taught to forgive experience significant reduction in depression, and gain in self-confidence, vitality, and hope. *(Jane Lampman, in Catholic Digest)***

**A good marriage is the union of two forgivers. *(Ruth Bell Graham) 8239022***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**I’ve always approached the forgiveness of my enemies from the point of gratitude. If God has been good enough to forgive me, can’t I be grateful enough to forgive others. *(Phil Barnhart, in Seasonings for Sermons)***

**Add Greenlanders to the list of peoples who traditionally don't punish their children. *(L. M. Boyd)***

**For me, growth begins immediately after I am able to admit my mistakes and forgive myself. *(Kimberly Kirberger)***

**“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.” *(Bits & Pieces)***

**Not far from New York there is a cemetery where there is a grave which has described upon its headstone, just one word -- “Forgiven.” There is no name, not date of birth or death. The stone is unembellished by the sculptor’s art. There is no epitaph, no fulsome eulogy -- just that one word, “Forgiven.” But that is the greatest thing that can be said of any man, or written upon his grave, “Forgiven.” *(Clarence E. MacCartney’s Illustrations, p. 132)***

**We can always hear easiest in the peace of forgiveness. *(Ray Trauffer)***

**Some people have said to me, “If my heart were open, I could forgive.” But I think it's the other way around. Forgiveness is a choice. Forgive first -- and then your heart can open. *(Dr. Rachel Naomi Remen, in The Healing Process)***

**In his Self-Improvement Handbook Norman Vincent Peale gives two hints on how to forgive. 1. Repeat the Lord’s Prayer inserting your offender’s name: “Forgive me my trespasses as I forgive Henry Jones.” 2. Speak to others in a kindly manner about the person against whom you harbor antagonism. *(Fulton Oursler)***

**There was a house painter named Jock. He was very interested in making money and often would thin his paint to make it go farther. He got away with this for some time, but eventually a local church decided to do a big restoration job on the roof. Jock put in a bid, and because his price was so competitive, he got the job. Jock was up on the scaffolding, painting away, with the job nearly done, when suddenly there was a horrendous clap of thunder, and the sky opened, and the rain poured down, washing the thin paint from all over the church and knocking Jock off the scaffold to land on the lawn, among the gravestones, surrounded by telltale puddles of the thinned and useless paint. Jock was no fool. He knew this was a judgment from the Almighty, so he fell on his knees and cried: “Oh, God! Forgive me! What should I do?” And from the thunder, a mighty voice spoke: “Repaint! Repaint and thin no more!" *(Rocky Mountain News)***

**Inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past . . . through true forgiveness we can stop the endless recycling of guilt and look upon ourselves and others in Love. (*Gerald Jampolsky, in Love Is Letting Go of Fear)***

**Forgiveness is the wind-blown bud which blooms in placid beauty at Verdun. Forgiveness is the tiny slate-gray sparrow which has built its nest of twigs and string among the shards of glass upon the wall of shame. Forgiveness is the child who laughs in merry ecstasy beneath the toothed fence that closes in Da Nang. Forgiveness is the fragrance of the violet which still clings fast to the heel that crushed it. Forgiveness is the broken dream which hides itself within the corner of the mind oft called forgetfulness so that it will not bring pain to the dreamer. Forgiveness is the reed which stands up straight and green when nature's mighty rampage halts, full spent. Forgiveness is a God who will not leave us after all we've done. *(George Roemisch)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**When Jesus was nailed to the Cross, and he had just had a spear pierce His side, Jesus said, “Father, forgive them.” It was not so much for them, but for Himself. Even if you only have one minute left in human life, how are you going to live that minute? Are you going to hang there with anger and revenge thoughts or are you going to allow the love of God to come through you? I choose the love of God. *(Christopher Ian Chenoweth, Unity minister)***

**Jesus said of those who were persecuting him, “Father, forgive them, for they know not what they do.” On occasion it seems that people fail us, that they are unjust, unfair, unreasonable. Sometimes it even seems that they deliberately try to harm us. Jesus gave us a positive attitude, the right point of view: “forgive them; for they know not what they do.” They do not know their divinity; or ours. They would not do as they do if they were aware of our oneness. We are to judge them not, for if we had their point of view, we would do as they do. Forgive them, and judge them to be spiritual, of God, in God. Judge them to be the living expression of a divine Life, a divine Love, a divine Cause. Regardless of their point of view, we judge ourselves and them to be the expressions of God. *(Carl Moran)***

**Jesus did not have to forgive because he never condemned. Man doesn’t have to be forgiven because he has not been condemned. *(Dr. Jack Holland)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*A wise man will make haste to forgive, because he knows the true value of time, and will not suffer it to pass away in unnecessary pain. *(Samuel Johnson)***

**Thank you, God, for this good life, and forgive us if we do not love it enough. *(Garrison Keillor, radio host)***

**Forgive your enemies, but never forget their names. *(John F. Kennedy)***

**Forgiveness is the key to action and freedom. *(Hannah Ardndt, philosopher)***

**Forgiveness is not an occasional act; it is a permanent attitude. *(Martin Luther King, Jr.)***

**As PJ and the cat lay sound asleep side by side on the bed, Dolly walks up and says to Billy: “I think Kittycat forgave PJ for pulling her tail.” *(Bil Keane, in The Family Circus comic strip)***

**One of the secrets of a long and fruitful life is to forgive everybody everything every night before you go to bed. *(Ann Landers, in Since You Ask Me)***

**This statement indicates the working of the great Cosmic Law. Give and receive, cause and effect, forgive and you are forgiven. It simply reminds us of the forgiving action of divine law, of infinite love. It stresses that the action is started by our effect -- “forgive and you are forgiven.” We push the button and the divine activity moves in to cleanse and release. *(Eric Butterworth, in Discover the Power Within You, p. 117)***

**More than 40 years after John Lennon said of The Beatles, “We’re more popular than Jesus now,” the Vatican has forgiven the late singer for the slur. Lennon’s 1966 comment sparked Beatles boycotts and even record burnings. But last week, the official Vatican newspaper, L’Osservatore Romano, declared that “after so many years, it sounds merely like the boasting of an English working-class lad struggling to cope with unexpected success.” The newspapers went on at great length to extol the Fab Four, saying that their “unique and strange alchemy of sounds and words’ yielded “some of the best pages in modern pop music.” *(The Week magazine, December 5, 2008)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Retailers are disappointed in holiday sales this year. In fact, in Beverly Hills Saks had a sign: “Come back, Winona Ryder. All is forgiven.” *(Jay Leno)***

**After pressure from the United States, it looks like up to 80 percent of Iraq’s debt will be forgiven by creditors. In a related story, today Donald Trump begged President Bush to invade his casinos. *(Jay Leno, 2004)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*My first lesson in forgiveness came from my father. As a boy in Jersey City, N.J., I heard him tell bitter stories about having worked in a sweatshop run by the city's wealthiest family. The boss choosing the day's crew would ask, “Protestant or Catholic?” Those who said “Protestant” were picked first and often filled the day's quota. Some mornings Dad denied his religion to earn the 50 cents his family badly needed. During the Depression that wealthy family went bankrupt, while Dad rose to power in local politics. One day the former magnate's son appeared in our living room, looking for a job. My father treated him with consummate politeness, and within a week got him a job in a shipping company. “This was your chance to get even,” I said. “Why didn't you?” “What happened in those days wasn't his fault,” my father said. “Maybe it wasn't anyone's.” As a hotheaded adolescent, I would have loved to see my father avenge himself on that hapless man. If he had done so, he would have remained the tough guy I already admired. But that day I acquired a far deeper respect for my father as a man of forgiveness. *(Thomas Fleming, in Reader's Digest)***

**Forgiveness is continuously letting go of blame and judgment. It is letting go of past hurt, disappointment and resentment. *(Dr. Libby Adams)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Forgiving and being forgiven are two names for the same thing. The important thing is that a discord has been resolved. *(C. S. Lewis, in Letters to Malcolm: Chiefly on Prayer)***

**To be a Christian means to forgive the \inexcusable because God has forgiven the inexcusable in you. *(C. S. Lewis)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**I had been terribly hurt by my best friend. I was consumed with anger and couldn't eat or sleep. Hoping to find some peace of mind, I went for a drive. But even then I couldn't stop thinking about how my friend had let me down. I started crying so hard I had to get off the road. I pulled in to the nearest parking lot. Right there at the wheel I bowed my head. God, how can I get over this? I prayed. When I opened my eyes and looked up, I saw parked in front of me a green van with a license plate that read: FORGIVE. *(Kate Rye, in Guideposts magazine)***

**Abraham Lincoln set a good example of forgiveness to the nation. At the end of the Civil War, he proposed to his Cabinet that help be given the defeated Southerners. Immediately, one of his staff members said, “But, Mr. President, one does not help one’s enemies, one destroys them.” Mr. Lincoln replied, “Do I not destroy an enemy if I make a friend of him?” *(William Earle Cameron)***

**For me to fail to forgive myself or anyone else who has offended me is to imply that I have a higher standard of forgiveness than God, because whatever it is that has so hurt me that I can’t forgive it., God already has. *(Hal Lindsay)***

**You forgive people a lot when you’re distracted by how gorgeous they are. *(Madonna)***

**Forgiveness liberates the soul; it removes fear. That's why it's such a powerful weapon. *(Nelson Mandela)***

**The root meaning of forgiveness in Aramaic is to cancel, untie, or let loose. *(Michael Ryce, in New Thought magazine)***

**Forgiveness means giving up the right to get even. *(John Ortberg, author)***

**Forgiving heals your memory as you change your memory’s vision. *(Lewis B. Smedes)***

**Here is a mental treatment that is guaranteed to cure every ill that flesh is heir to: Sit for a half hour every night and mentally forgive everyone against whom you have any ill will or antipathy. *(Charles Fillmore, in A Sure Remedy)***

**Forgive your enemies. It messes with their heads. *(Country Extra magazine)***

**The method of forgiving is this: Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you, or read a chapter of the Bible. Then quietly say, “I fully and freely forgive X (mentioning the name of the offender); I loose him and let him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the Christ within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Christ Truth has set us both free. I thank God.” *(Emmet Fox, in The Sermon on the Mount, p. 190)***

**We must make our homes centers of compassion and forgive endlessly. (*Mother Teresa)***

**A mother brought her two arguing children together and demanded they make immediate amends. The siblings hesitantly apologized to each other, and then the younger commented, “I’m apologizing on the outside, Mommy, but I’m still angry inside.” How childish, we might say. Yet, adults tend to go through the motions of forgiveness by covering their real emotions with flippant statements. True forgiveness doesn’t bury the hatchet while allowing the handle to remain exposed. *(Glenn Van Ekeren, in The Speaker’s Sourcebook II, p. 163)***

**The motto should not be “forgive one another,” rather, “understand one another.” *(Emma Goldman)***

**It is better for a leader to make a mistake in forgiving than to make a mistake in punishing. *(Muhammad)***

**Richard Nixon probably broke the law and who hasn’t broken some law worse than he? All he did was listen to peoples’ conversations. Let’s let up on the old guy because I think he would do the same for us. He has borne the hiss and scorn of the multitudes for many a year. He’s done his time. *(Thomas A. Hughes)***

**Since nothing we intend is ever faultless, and nothing we attempt ever without error; and nothing we achieve without some measure of finitude and fallibility we call humanness, we are saved by forgiveness. *(David Augsburger)***

**Forgiveness is the oil of relationships. *(Josh McDowell)***

**A man buys a pet parrot and brings him home. But the parrot starts insulting him, so the man picks up the parrot and throws him in the freezer to teach him a lesson. He hears the bird squawking for a few minutes, and all of a sudden the parrot is quiet. The man opens the freezer door, and the parrot walks out, looks up at him and says, “I apologize for offending you, and I humbly ask your forgiveness.” The man says, “Well, thank you. I forgive you." The parrot then says, “If you don't mind my asking, what did the chicken do?" *(The American Legion Magazine)***

**Peace goes through a difficult territory called Trust and Forgiveness. *(Ashleigh Brilliant, in Pot-Shots)***

**Ed McManus, who puts out The Jokesmith, a wonderful source of humor for speakers, speechwriters, comics, and others, not only can come up with a good joke, he can tell lovely, poignant stories. For example, he came back from Puerto Rico not long ago with this story that a priest used in a sermon: A woman is dying of AIDS. A priest is summoned. He attempts to comfort her, but to no avail. “I am lost,” she said. “I have ruined my life and every life around me. Now I’m going painfully to hell. There is no hope for me.” The priest saw a framed picture of a pretty girl on the dresser. “Who is this?” he asked. The woman brightened. “She is my daughter, the one beautiful thing in my life.” “And would you help her if she was in trouble, or made a mistake? Would you forgive her? Would you still love her?” “Of course I would!” cried the woman. “I would do anything for her! Why do you ask such a question?” “Because I want you to know,” said the priest, “that God has a picture of you on His dresser.” *(Bits & Pieces)***

**To err is human, to forgive, divine. *(Alexander Pope, in Essay on Criticism)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**Saying “we humbly ask forgiveness,” Pope John Paul II on Sunday delivered the most sweeping papal apology ever, repenting the errors of his church over the past 2,000 years. “We cannot not recognize the betrayal of the Gospel committed by some of our brothers, especially in the second millennium,” the pope dressed in purple robes for Lent, said in his homily. “Recognizing the deviations of the past serves to reawaken our consciences to the compromises of the present.” The public act of repentance, solemnly woven into the liturgy of Sunday Mass inside St. Peter's Basilica, was an unprecedented moment in the history of the Catholic Church. *(Alessandra Stanley, in The New York Times, as it appeared in the Rocky Mountain News, March 13, 2000)***

**In 1965 Pope Paul VI issued a decree absolving Jews of collective guilt for the crucifixion of Jesus Christ. *(Rocky Mountain News)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**What power has love but forgiveness? *(William Carlos Williams)***

**Forgiveness is a process of giving up the false for the true. Forgiveness really means the giving up of something. It is through forgiveness that true spiritual healing is accomplished. Forgiveness removes the errors of the mind, and bodily harmony results in consonance with divine law. (*Charles Fillmore, in Revealing Word)***

**Jesus tells a story of the Prodigal Son. You know the story. But the unexpected element in this story is forgiveness. He expects punishment.  He finds only freely flowing love. Feeling almost overwhelmed by guilt, he is met without a word of reproach, anger, or judgment. The past is completely forgiven. It is wiped out. *(Christopher Ian Chenoweth, Unity Minister)***

**Robert Enright says the Forgiveness Institute has also just completed a study showing a cause-and-effect connection regarding physical health. The institute’s project with cardiac patients and a Veteran’s Administration hospital showed significantly improved heart functioning three months after a 12-week forgiveness program. These promising results are leading to a fundamental shift in the treatment of patients and in the training of doctors, psychologists, and other caregivers. Some scientific disciplines are shifting research from the disease model of human nature and toward the positive and thriving aspects of human nature as a basis of healing. *(Jane Lampman, in Catholic Digest, March, 2004)***

**Many reconciliations have broken down because both parties have come prepared to forgive and unprepared to be forgiven. *(Charles Williams)***

**When a deep injury is done us, we never recover until we forgive. *(Alan Paton)***

**True forgiveness is the master release process, a tool which opens the energy field of the body and liberates stored, destructive energies. A simple first step to begin release is verbal. Identify the emotions and thoughts being experienced. Say, out loud, if practical, “I totally release from my life and body all fear, anger, criticism, etc.” and the thought that “life hurts, no one loves me, I’ll never make it, etc.” *(Michael Ryce)***

**There is no revenge so complete as forgiveness. *(Bob Phillips, in Heavenly Humor, p. 88)***

**If you are suffering from a bad man's injustice, forgive him lest there be two bad men. *(St. Augustine)***

**In careful scientific studies, forgiveness training has been shown to reduce depression, increase hopefulness, decrease anger, improve spiritual connection, increase emotional self-confidence and help heal relationships. Learning to forgive is good for your mental and physical well-being and your relationships. Studies reveal: People who are more forgiving report fewer health problems. Forgiveness leads to less stress. Forgiveness leads to fewer physical symptoms of stress. Failure to forgive may be more important than hostility as a risk factor for heart disease. People who blame other people for their troubles have higher incidences of illnesses such as cardiovascular disease and cancers. People who imagine not forgiving someone show negative changes in blood pressure, muscle tension and immune response. People who imagine forgiving their offender note immediate improvement in their cardiovascular, muscular and nervous systems. Even people with devastating losses can learn to forgive and feel better psychologically and emotionally. *(Fred Luskin, in Forgive for Good)***

**Someone just reminded me of the story of the Scotsman who, when he was on his deathbed, gathered his whole family around him and told every one of them, “I forgive you -- but if I live, it doesn’t count!” *(William Earle Cameron, Unity Minister)***

**Servant: “This is the season when we're supposed to forgive our enemies. Have you forgiven your enemies yet?" Hagar: “Are you kidding?! I haven't even forgiven my friends yet!” *(Dik Browne, in Hagar The Horrible comic strip)***

**If most of us could see ourselves as others see us, we'd probably never forgive them. *(Bits & Pieces)***

**I seek your forgiveness for all the times I talked when I should have listened;**

**Got angry when I should have been patient;**

**Acted when I should have waited;**

**Feared when I should have been delighted;**

**Scolded when I should have encouraged;**

**Criticized when I should have complimented;**

**Said “No” when I should have said “Yes”;**

**And said “Yes” when I should have said “No.” *(Marian Wright Edelman)***

**Forgiveness is almost a selfish act because of its immense benefits to the one who forgives. *(Lawana Blackwell)***

**When Jesus was asked if we should forgive as many as seven times, He said we should forgive not seven times but seventy times seven. We could interpret this to mean that as long as we keep remembering some hurt or slight, there is a need to forgive. Often we increase and prolong painful experiences by going over and over them again and holding tightly to them. Instead of doing this, we must realize that when the remembrance of an unhappy or painful experience surfaces in our mind, it is to let us know that it is time to forgive. *(Christopher Ian Chenoweth)***

**Six-year-old Lucy Magnum emerged from a terrible shark attack with a message of grace. The little girl was boogie-boarding in shallow water off the North Carolina coast when a shark sank its teeth into her leg. Her parents quickly applied pressure to the wound until emergency workers arrived, saving her leg. Not surprisingly, Lucy said after the accident, “I hate sharks. I like dolphins way better.” But once her parents explained to her that the shark didn’t know that she was a human and had made a mistake, she changed her mind. “I don’t care that the shark bit me,” Lucy told her mother. “I forgive him.” *(The Week magazine, August 12, 2011)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**On my way home from work one day, I stopped at a convenience store to buy some groceries. As I waited in line, I noticed a hand-lettered sign taped to one side of the cash register. It read: “Check-Cashing Policy: To Err Is Human. To Forgive, $10." *(Rich Roesler, in Reader's Digest)***

**Ambitious walkers, joggers, people exercising their dogs, and children on bikes have worn a path across the grounds of a church in my neighborhood. I was hesitant to take the shortcut until I saw a sign on the church property: “Trespassers will be forgiven.” *(Jane M. Cracraft, in Reader's Digest)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Denise Brown is learning to let go, says Terri Roberts in Salon City. Ever since 1994, when O.J. Simpson was first accused of murdering his wife, her sister Nicole, she has been one of his most outspoken and implacable enemies. But last year, a friend warned her that her obsession with Simpson was consuming her. “She told me, ‘Denise, I see so much anger in you. Can I go through these step-by-step things with you?’” She then suggested that Brown try to fundamentally rethink her perception of Simpson, imagining what he was like before he became infamous. “The step by step was to visualize that person who is doing you harm as a baby. You don’t know hate or evil then. Then visualize that person at the age of 2, at 3, at 5, and keeping going through the ages. And you sit there and you think, At what point does one change?” By perceiving Simpson as an evolving human being, rather than as an abstract evil, Brown has achieved a measure of peace. “In order for me to stay healthy, I needed to make that change. I was able to let go of that anger. Not forgive Simpson for what he did; the frustration is still there. But it’s not that ugly anger/hate anymore.” *(The Week magazine, February 29, 2008)***

**A Sunday school teacher once asked her class of young boys, “What must we do before we can expect forgiveness of sin?” One little lad, with a gleam in his eye, said, “We must sin!” *(A Synoptic Study of the Teachings of Unity)***

**Forgiveness is not something you do for someone else, it is something you do for yourself. *(Erwin Lutzer))***

**Never does a man stand so tall as when he foregoes revenge, and dares to forgive an injury. *(J. Harold Smith)***

**Forgiving Statements: “I free all of you. I loose you and let you go to your highest good. I desire nothing but good to come to you and to me. I am open to my greatest good. Amen.” *(David Williamson, in Unity magazine)***

**J. B. Priestly traveled with several others through England to investigate the damage caused by World War II. Finally they came to Coventry with its bombed-out cathedral. They stepped into the ruins. The walls still stood, but the roof was gone. Furniture and floor were blasted almost beyond description. As they moved toward the chancel, they were arrested by a strange sight. Against the East wall there hung the blackened remains of a scarred crucifix. Beneath it, carved in stone, were two words: “Father, forgive.” *(George C. Bonnell, in We Preach Christ Crucified)***

**We took our lead from the feeling we are getting from people. They would like to see her on the air. This is a forgiving country. People like redemption stories. *(Susan Lyne, CEO of Martha Stewart’s Living Omnimedia, explaining Martha Stewart’s return to television in fall 2005 after she served a five-month in federal prison.***

**A Turkish soldier had beaten a Christian prisoner until he was only half-conscious, and while he kicked him, he demanded, “What can your Christ do for you now?” The Christian quietly replied, “He can give me strength to forgive you.” *(R. Earl Allen, in Bible Paradoxes)***

**Never does the human soul appear so strong and noble as when it forgoes revenge and dares to forgive an injury. *(E. H. Chapin, Christian preacher, 19th century)***

**Forgiveness is not an elective in the curriculum of life. It is a required course, and the exams are always tough to pass. *(Charles Swindoll)***

**Swiss newspapers don’t print names of first offenders. *(L. M. Boyd)***

**The city of Hartford, Conn., offers citizens living on fixed or dwindling incomes an alternative to paying all their local taxes. Unemployed property owners are allowed to work for the city for a specified period, in return for which they are “forgiven” up to $2000 worth of property taxes. *(Hal Morris, in Modern Maturity)***

**The thought came to me that I make room in my life for this new good by forgiving. I do it by releasing, letting go, and forgiving. So I started writing down whatever came to me to forgive. I was specific. I freed my own consciousness -- the rooms of my mind, the inn within -- to receive God’s blessing in my life. I set myself free to let the Christ enter in. *(David Williamson, in Unity magazine)***

**Forgiveness means giving up all hope for a better past. *(Lily Tomlin)***

**Child: “Will you forgive me, Mother?” Mother: “What for?” Child: “For the way I treated you after Quincy chewed up my photo. I saw you felt guilty and instead of forgiving you, I made you jump through all sorts of hoops. Now I feel guilty.” Mother: “And you want me to forgive you?” Child: “I suppose now you'll want to teach me a lesson.” Mother: “Exactly. You're forgiven.” *(Bill Amend, in Foxtrot comic strip)***

**In a University of Colorado classroom, a bearded professor in blue jeans furiously scribbles engineering equations on a blackboard. Students don't even notice that the professor's right hand has only a thumb and four stumps. Eleven years ago, John Hauser was an Air Force pilot studying to become an astronaut. But in a laboratory at the University of California, Berkeley, in 1985, he picked up a small box left by the Unabomber. The explosion tore off most of Hauser's four fingers. Today Hauser spends no time hating the Unabomber. “For me, he's just a vague concept,” he says. Still, there are those who believe the abrupt end of Hauser's Air Force career will always grate on him. Indeed, as Hauser strides across campus, he wears an old leather jacket with his Air Force patch on it. On his pickup truck, nearly obscured letters on the license-plate frame read: “I'd Rather Be Flying.” *(William M. Carley, in The Wall Street Journal)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**To understand is to forgive. *(French proverb)***

**To understand is to forgive, even oneself. *(Alexander Chase)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**What were the last words of traitor Benedict Arnold? “Let me die in my old uniform. God forgive me for ever putting on another.” *(L. M. Boyd)***

**I am obliged to exercise unlimited forgiveness because, if I did not forgive, I should thus act as if I were not guilty in the same way as the other has been guilty with regard to me. I must forgive the lies directed against myself, because my own life has been so many times blotted by lies. I must forgive the lovelessness, the hatred, the slander, the fraud, the arrogance which I encounter, since I myself have so often lacked love, hated, slandered, defrauded, and been arrogant. I must forgive without noise or fuss. *(Albert Schweitzer)***

**Philadelphia Eagles quarterback Michael Vick this week signed a new endorsement deal with Nike, four years after the company dropped him after he admitted involvement in dog fighting. Vick spent 21 months in prison. Terms of the deal were not made public. *(Associated Press, as it appeared in The Week magazine, July 15, 2011)***

**In therapy, psychologists have traditionally emphasized a non-judgmental approach to the patient, and this, some say, has allowed patients to view themselves largely as victims. Fred Luskin, who heads the Stanford Forgiveness Project, focuses on showing people that they are not hostage to the past but can take control of their lives. “Life has thrown you a curve you weren’t prepared to handle; now what?” he says, paraphrasing his approach. He lists three components to a long-standing hurt: the exaggerated taking of personal offense, blaming the offender for one’s feelings, and the creation of a grievance story. “Forgiveness,” he says, “is a quality inside ourselves we all can access, and we are responsible for our own emotional condition.” *(Jane Lampman, in Catholic Digest, March, 2004)***

**Ralph: “Happy Valentine’s Day, honey bunch!” Wife: “It’s the watch I wanted for Christmas, but didn’t get. Thank you, Ralph! All is forgiven!” Ralph later tells his friend: “I finally figured out why they put Valentine’s Day so soon after Christmas!” *(Kevin Fagan, in Drabble comic strip)***

**The waterbed was originally invented in the 1870s in order to provide comfort for bedridden patients. The soft surface was more forgiving on painful joints than a traditional mattress, and it also helped to prevent bedsores. Waterbeds were not successful on the consumer market until the early 1970s, when manufacturers first offered models with built-in temperature controls. *(Victoria Westlane, in Tidbits)***

**Whatever you are doing, I forgive you. *(Ashleigh Brilliant, in Pot-Shots)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Always forgive your enemies; nothing annoys them so much. *(Oscar Wilde)***

**After a good dinner one can forgive anybody, even one's own relations. *(Oscar Wilde, in A Woman of No Importance)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**An elderly man on the beach found a magic lamp. He picked it up and a genie appeared. “Because you have freed me,” the genie said, “I will grant you a wish.” The man thought for a moment and then responded, “My brother and I had a fight 30 years ago and he hasn't spoken to me since. I wish that he'll finally forgive me.” There was a thunderclap and the genie declared, “Your wish has been granted. You know,” the genie continued, “most men would have asked for wealth or fame. But you only wanted the love of your brother. Is it because you are old and dying?” “No way!” the man cried. “But my brother is, and he's worth about $60 million.” *(Joan C. Brown, in Reader's Digest)***

**A few letters/calls, however, are about despair, pain, and suffering. These brothers and sisters assure us that they have done their part and that, for some reason, the universe is withholding its good. I understand that feeling. I’ve felt it many times. It has been easy for me to get mad at God and to experience a self-righteous piety in my sadness. What I know now is that each of these times, the withholder was me! What I was holding back was forgiveness...of me, of the situation, of someone, of some forgotten incident. It has not been easy for this inflated ego, that never-EVER wants to be wrong, to get off my position...of anger, revenge, blame, criticism, complaint. *(Edwene Gaines)***

**I have to forgive the world -- it probably doesn't even realize how much it upsets me. *(Ashleigh Brilliant, in Pot Shots)***

**Sometimes the worst possible punishment is to be completely forgiven. *(Ashleigh Brilliant, in Pot-Shots)***

**Many years ago, a professor at the University of Edinburgh was listening to his students as they presented oral readings. One young man rose to begin his recitation but was abruptly stopped by the professor. “You are holding the book in the wrong hand,” criticized the educator. “Take your book in the right hand and be seated.” Responding to this strong rebuke, the young man held up his right arm. He didn’t have a right hand! The other students were deathly quiet and began to shift in their seats. For a moment the professor sat in dumbfounded silence. Then he slowly made his way to the student, put his arm around him and with a tear in his eye, said, “I am so sorry. I never knew. Please, will you forgive me?” This willingness made a strong impact on the young man and later inspired him to pursue the Christian ministry. *(Our Daily Bread)***

**Doctor: “You know, Al, you can’t forgive others until you learn to forgive yourself.” Al: “Is it possible to learn to forgive myself without forgiving others, Doctor? That would be ideal.” *(J. C. Duffy, in The Fusco Brothers comic strip)***

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*