

FORGIVENESS

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Forgiveness is not something you do for someone else. Forgiveness helps you move forward with your life in a peaceful and non-destructive way.

When you forgive, you do it for you, not for the other person.

In theory it is quite simple, but I think you will agree that **IN PRACTICE**, it is sometimes hard to do!

Forgiveness has little or nothing to do with another person because forgiveness is an ***internal matter***.

Refusing to forgive by holding on to the anger, resentment and a sense of betrayal can make your own life miserable.

American Heritage Dictionary tells us that to forgive is:

- 1. To excuse for a fault or an offense; pardon.*
- 2. To renounce anger or resentment against.*
- 3. To absolve from payment of (a debt, for example).*

Forgiveness is an act of will, it is letting go of animosity and ill-will.

Forgiveness wipes away the effect of the past whether it was fifteen (15) years ago or fifteen (15) minutes ago.

It is easier if the person apologizes, or changes their behavior, but those things are not necessary for forgiveness to occur.

Forgiveness is not the condoning of a bad behavior, or the justifying of an offense, or ***it is not dependent on apology from the other person!***

Let me repeat it again, the offender's apology is not necessary!

In fact, they might not ever apologize because they may have a different perspective on what they “**think**” happened.

Forgiveness acknowledges what was done and chooses to let it go, but not through avoiding its impact on us.

Avoiding just keeps the negative effects occurring below the surface of the mind.

The greatest misconception about forgiveness is the belief that forgiving the offense means that you condone it. Not true. **In fact, we can only forgive what we know to be wrong.**

Forgiving someone else is to agree within yourself to overlook the wrong they have committed against you and to move on with your life. It's the only way to find lasting peace and closure about a person or situation.

If you are holding onto **ANY** form of un-forgiveness in your heart against **ANY** person, it is impossible for you to be at peace with yourself, and more importantly, at peace with **GOD!**

To forgive means to "give up", to let go.

When we forgive, we are willing to give up resentment, revenge and obsession.

Nobody benefits from forgiveness more than the one who forgives!

I learned this hard lesson when someone violated my trust by spreading very harsh rumors about me and attacking my character.

This person received a large sum of money from me and never paid me back. I was so angry and upset that it consumed me for a period of time in my life until I decided to forgive the person and not hold any negative feelings toward the individual.

Now, when this person comes to mind, I am at peace because I know I have fully forgiven them and I have nothing but good thoughts toward this person.

I am no longer captive to the **"PRISON"** of un-forgiveness, anger, and frustration. I hope I have convinced you about how important it is to forgive those who have done you wrong or hurt you.

For YOUR sake and for YOUR benefit, PLEASE FORGIVE!