

It's All About Family!



Topic #13: Forgiveness

Forgiveness is a very difficult thing, but it is so important to a person's well-being. When you think of not forgiving someone, you should picture a prison where not only those who have harmed you reside, but you are locked up with them. When someone does something that offends us or harms us in some way, it is common to want to get even with them by making them miserable. But all we are doing is locking ourselves tighter and tighter in the prison of our own hearts. Forgiveness is so difficult because we see that these people hurt us on purpose; they knew what they were doing, yet they did it anyway. Our own anger and bitterness trap us and engulf our lives. Just look at how thinking about the wrongs done by this person makes you act toward other people. Unforgiveness keeps us from becoming the best people we can be.

Forgiveness is not about saying that the wrong never happened or even claiming that it won't happen again; it's not about forgetting. Forgiveness is letting go of the need to worry about how to punish your offenders. It's not about winning or losing anymore. It's about freedom. Forgiving someone will lift a weight from your life and allow you to move on. Release your anger for this person, and extend mercy to them. Instead of allowing the sound of their name to make your blood boil, hope for them to improve in the future.

We have all done things to hurt other people, sometimes on purpose and sometimes unknowingly. Imagine what a wonderful world it would be if everyone could forgive the wrongs committed to them and move on with their lives rather than shackling themselves in their own need for revenge and justice. Allow yourself to be free today.

Challenge #13: Forgiveness

Think of a person who has hurt you in some way, especially someone who comes to your mind often. Consider how thinking about this person and holding on to the need to get back at them has affected your life. Are you angry, bitter, unable to make new friends, sad, or wounded? Understanding that forgiveness doesn't mean "forgetting", allow yourself to remove the responsibility of judgement from your life. Forgive the wrongs committed to you and allow yourself to move on in freedom. Extend the hope of forgiveness to that person in your heart, and if you can, in person, as well. Then you will be free to become the best person you can be.