Beliefs about Forgiveness

*It is important to clarify your own beliefs about forgiveness.*
*Below are some beliefs intended to serve as a catalyst to stimulate your own thinking.*
*Do not evaluate these, but rather clarify your own beliefs about forgiveness.*

Forgiveness is a gift from God.

Forgiveness is a gift to oneself.

Forgiveness is an act of the will, a decision to let go of the desire to get even with someone who has hurt you.

Jesus preached forgiveness, the loving of one's enemies.

Forgiveness is at the essence of the Judeo-Christian tradition.

There is a difference between forgiveness, reconciliation and justice.

We forgive because we need to be healed.

The person who chooses not to forgive is devoid of the power to love.

Forgiveness is a slow process.

Research indicates that forgiveness is the trait most strongly linked to happiness.

It takes courage to forgive.

Forgiveness is the only solution for the violence in our world today.

Forgiveness does not have to be communicated to the other.

Forgiveness does not approve the behavior of the other.

Forgiveness is not easy and is not the normal human reaction.

The major reason why people do not forgive is that they do not have any models of forgiveness in their lives.

Not to forgive is to be a perennial victim of those who have hurt us.

Forgiveness will not result in forgetting.

Forgiveness is the treatment of choice for anger.

God sometimes gives people the grace to forgive immediately.

*Facing Forgiveness.* Sofield, Juliano and Aymond. *Ave Maria Press: Notre Dame, IN. 2007*