

# Forgiveness Sayings

Jan Worley

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” William James, American psychologist and philosopher (1842-1910)

“The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance.” Viktor Frankl, psychiatrist, author of *Man's Search For Meaning*

Anger is a choice.

“Every single human being, at every moment of the past – when the entire situation is taken into account – has done the very best he or she could do, and so deserves neither blame nor reproach from anyone – including the self. This is in particular is true of you.” Harry Jackins

“Everyone thinks of changing the world, but no one thinks of changing himself.” Leo Tolstoy

“Refusing to forgive is like drinking poison and expecting it to hurt someone else.” Author Unknown

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.” Buddha

“Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness.” Marianne Williamson

“To forgive is to set a prisoner free and discover that the prisoner was you.” Lewis B. Smedes

“Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.” Author Unknown

“The things that people in love do to each other they remember, and if they stay together it's not because they forget, it's because they forgive.” Author Unknown

“How does one know if she has forgiven? You tend to feel sorrow over the circumstance instead of rage, you tend to feel sorry for the person rather than angry with him. You tend to

have nothing left to say about it all.” Clarissa Pinkola Estes

“Man has two great spiritual needs. One is for forgiveness. The other is for goodness.” Billy Graham

“When you haven't forgiven those who've hurt you, you turn back against your future. When you do forgive you start walking forward.” Tyler Perry

“Forgiveness is the cleansing fire that burns away old regrets and resentments.” Jonathan Lockwood Huie

“The decision to forgive touches you to your very core, to who you are as a human being.” Robert Enright, Ph.D.

“Let us not listen to those who think we ought to be angry with our enemies, and who believe this to be great and manly. Nothing is so praiseworthy, nothing so clearly shows a great and noble soul, as clemency and readiness to forgive.” Marcus Tullius Cicero

“When you forgive, you in no way change the past – but you sure do change the future.” Bernard Meltzer

“At the end of the day, a loving family should find everything forgivable.” Mark V. Olsen and Will Sheffer

“You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well.” Lewis B. Smedes

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.” Mark Twain

“I learned a long time ago that some people would rather die than forgive. It's a strange truth, but forgiveness is a painful and difficult process. It's not something that happens overnight. It's an evolution of the heart.” Sue Monk Kidd

“Forgiveness means letting go of the past.” Gerald Jampolsky

“Forgiveness is the giving, and so the receiving, of life.” George MacDonald

“When you hold resentment towards another, you are bound to that person or condition by an

emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.” Catherine Ponder

“Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.” Joan Lunden

“A childhood is what anyone wants to remember of it. It leaves behind no fossils, except perhaps in fiction.” Carol Shields

“Forgiving is rediscovering the shining path of peace that at first you thought others took away when they betrayed you.” Dodinsky

“Forgiveness is the key that unlocks the door of resentment and the handcuffs of hatred. It is a power that breaks the chains of bitterness and the shackles of selfishness.” Corrie ten Boom

“I will permit no man to narrow and degrade my soul by making me hate him.” Booker T. Washington

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” Martin Luther King, Jr.

“Life is an adventure in forgiveness.” Norman Cousins

“He who angers you conquers you.” Elizabeth Kenny

“Most of us need time to work through pain and loss. We can find all manner of reasons for postponing forgiveness. One of these reasons is waiting for the wrongdoers to repent before we forgive them. Yet such a delay causes us to forfeit the peace and happiness that could be ours.” James E. Faust

“Forgiveness is like faith. You have to keep reviving it.” Mason Cooley

“Forgiveness is not something you do for someone else; it’s something you do for yourself.” Jim Beaver

“The practice of forgiveness is our most important contribution to the healing of the world.” Marianne Williamson

“Forgiveness is the experience of peacefulness in the present moment. Forgiveness does not change the past, but it changes the present.” Frederic Luskin

“It's toughest to forgive ourselves. So it's probably best to start with other people. It's almost like peeling an onion. Layer by layer, forgiving others, you really do get to the point where you can forgive yourself.” Patty Duke

“Love yourself – accept yourself – forgive yourself – and be good to yourself, because without you the rest of us are without a source of many wonderful things.” Leo F. Buscaglia

“Forgiveness is a gift you give yourself.” Tony Robbins

“To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.” Robert Muller