



# Forgiveness



*A PRAYER TO BEGIN WITH*

**L**ord, make me an instrument  
of your peace:

where there is hatred, let me sow  
love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may  
not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are  
pardoned,

and it is in dying that we are born  
to eternal life.

*Amen*



[Forgiveness] is an essential part of the spiritual growth of a person who has been wronged. To nurse a grievance or hatred against another soul is spiritually poisonous to the soul which nurses it, but to strive to see another person as a child of God and, however heinous his deeds, to attempt to overlook his sins for the sake of God, removes bitterness from the soul and both ennobles and strengthens it.

*—The Universal House of Justice*



**H**olding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.—*Buddha*

**R**esentment is like drinking poison and then hoping it will kill your enemies.—*Nelson Mandela*

**F**orgiveness is the key that unlocks the door of resentment and the handcuffs of hatred. It is a power that breaks the chains of bitterness...—*Corrie Ten Boom*



**F**orgiveness does not mean ignoring what has been done or putting a false label on an evil act. It means, rather, that the evil act no longer remains as a barrier to the relationship. Forgiveness is a catalyst creating the atmosphere necessary for a fresh start and a new beginning.—*Martin Luther King Jr.*

**F**orgiveness 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*

**W**hen you forgive, you in no way change the past—but you sure do change the future.—*Bernard Meltzer*



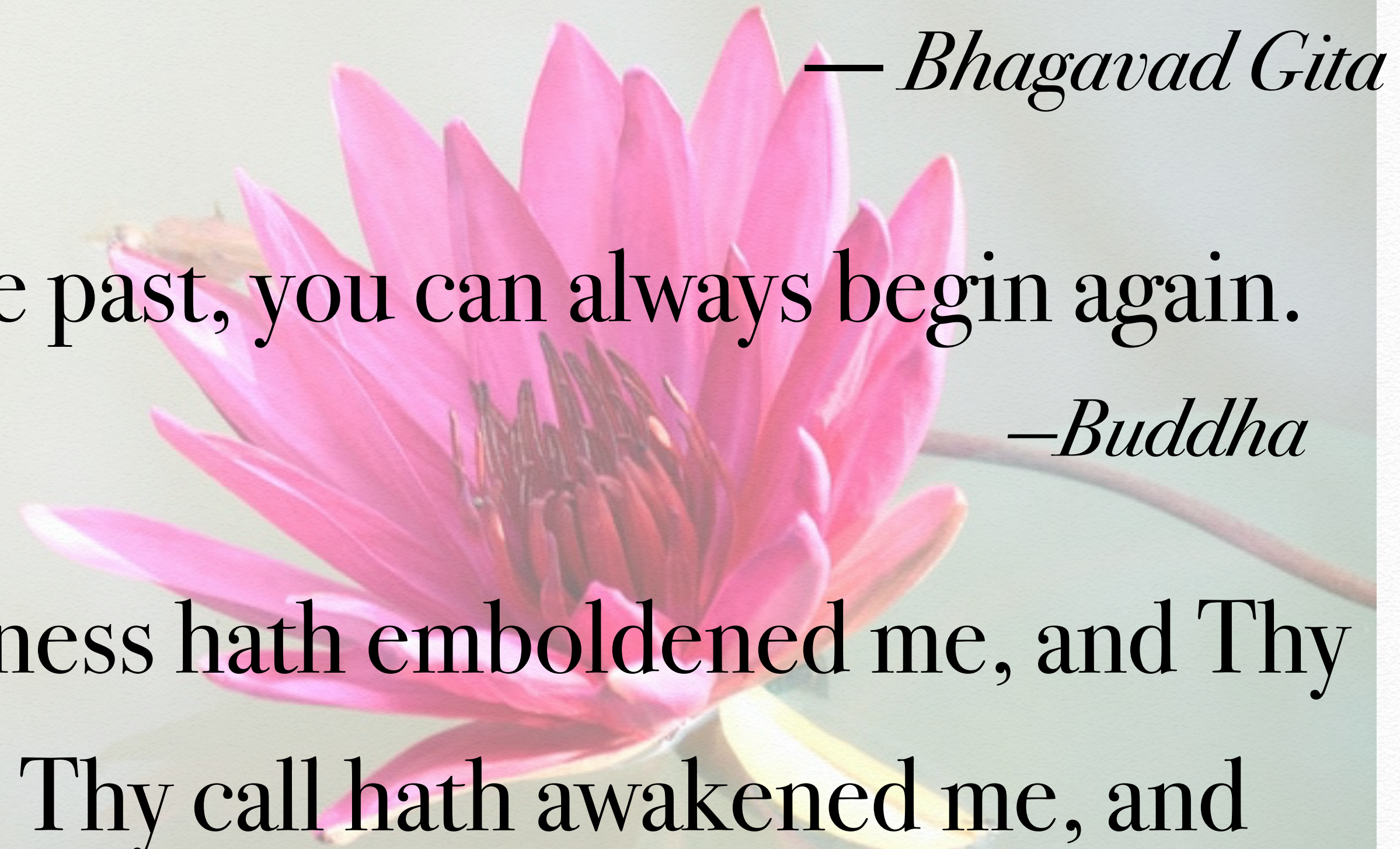
**I**f you want to see the brave, look at those who can forgive. If you want to see the heroic, look at those who can love in return for hatred.

— *Bhagavad Gita*

**N**o matter how hard the past, you can always begin again.

— *Buddha*

**O** God, my God! Thy forgiveness hath emboldened me, and Thy mercy hath strengthened me, and Thy call hath awakened me, and Thy grace hath raised me up and led me unto Thee.—*Bahá'u'lláh*





**A**nd whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.—*Mark 11:25*

**J**udge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven...—*Luke 6:37*

**H**e should forgive the sinful, and never despise his low estate, for none knoweth what his own end shall be.—*Bahá'u'lláh*



**T**hose who cannot forgive others break the bridge over which they themselves must pass.

*—Confucius*





**A**s I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.

—*Nelson Mandela*

**L**et no man pull you low enough to hate him.—*Martin Luther King, Jr*

**F**orgiveness is the attribute of the strong.

—*Mahatma Gandhi*

**B**e like the flower that gives its fragrance to even the hand that crushes it.—*Imam Ali*



**W**e must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love.—*Martin Luther King, Jr.*

**L**et all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.—*Ephesians 4:31-32*

**H**atred stirs up strife, but love covers all offenses.—*Proverbs 10:12*

**T**hy loving providence hath encompassed all created things in the heavens and on the earth, and Thy forgiveness hath surpassed the whole creation.—*The Báb*



**S**et your reliance on the army of justice, put on the armour of wisdom, let your adorning be forgiveness and mercy and that which cheereth the hearts of the well-favoured of God.

*—Bahá'u'lláh*

**J**ust as forgiveness is one of the attributes of God's mercy, so is justice one of the attributes of His lordship.

*—Bahá'u'lláh*



O God, my God! I have turned in repentance unto Thee, and verily Thou art the Pardoner, the Compassionate.

O God, my God! I have returned to Thee, and verily Thou art the Ever-Forgiving, the Gracious.

O God, my God! I have clung to the cord of Thy bounty, and with Thee is the storehouse of all that is in heaven and earth.

O God, my God! I have hastened toward Thee, and verily Thou art the Forgiver, the Lord of grace abounding.