



Forgiveness

[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—

Resentment is like drinking poison and then hoping it will kill your enemies.

—Nelson Mandela—

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...

—Corrie Ten Boom—

Forgiveness 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.

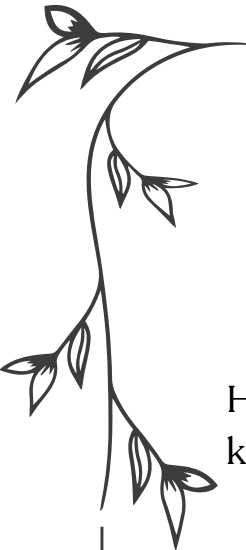
—Martin Luther King Jr.—

If 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—

As 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—



Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven...

—Bible: Luke 6:37—

He should forgive the sinful, and never despise his low estate, for none knoweth what his own end shall be.

—Bahá'u'lláh—

Be like the flower that gives its fragrance to even the hand that crushes it.

— Imam Ali—

Hatred stirs up strife, but love covers all offenses.

—Bible: Proverbs 10:12—

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—

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.

—Bahá'u'lláh—