**Quotes on Forgiveness**

Anger makes you smaller, while forgiveness forces you to grow beyond what you were. — Cherie Carter-Scott

Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you. — Apostle Paul

Forgiveness does not change the past, but it does enlarge the future. —Paul Boese

Forgiveness is a funny thing. It warms the heart and cools the sting. —William Arthur Ward

Forgiveness is almost a selfish act because of its immense benefits to the one who forgives. —Lawana Blackwell

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

Forgiveness is the key that unlocks the door of resentment and the handcuffs of hate. It is a power that breaks the chains of bitterness and the shackles of selfishness. — Author unknown

Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future. —Louis B. Smedes

He who cannot forgive breaks the bridge over which he himself must pass. —George Herbert

Love’s power does not make fussy historians. Love prefers to tuck the loose ends of past rights and wrongs in the bosom of forgiveness—and pushes us into a new start. — Lewis B. Smedes

My idea of forgiveness is letting go of resentment, ... ridding yourself of negative thoughts. All they do is make you miserable. Believe me, you can fret and fume all you want, but whoever it was that wronged you is not suffering from your anguish whatsoever. —Della Reese

Not to forgive is to be imprisoned by the past, by old grievances that do not permit life to proceed with new business. Not to forgive is to yield oneself to another’s control... to be locked into a sequence of act and response, of outrage and revenge, tit for tat, escalating always. The present is endlessly overwhelmed and devoured by the past. Forgiveness frees the forgiver. It extracts the forgiver from someone else’s nightmare. —Lance Morrow

People have to forgive. We don’t have to like them, we don’t have to be friends with them, we don’t have to send them hearts in text messages, but we have to forgive them, to overlook, to forget. Because if we don’t, we are tying rocks to our feet, too much for our wings to carry! —C. Joybell C.

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

Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. — Martin Luther King, Jr

Sincere forgiveness isn’t colored with expectations that the other person [must] apologize or change. Don’t worry whether or not they finally understand you. Love them and release them. Life feeds back truth to people in its own way and time—just like it does for you and me. —Sara Paddison

Start the New Year fresh by forgiving. – Author Unknown

The one attitude which gives rise to hope amidst misunderstanding and ill-will is a forgiving spirit. Where forgiveness becomes the atmosphere, there hope and healing are possible.—C. Neil Strait

The weak can never forgive. Forgiveness is the attribute of the strong. —Mahatma Gandhi

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

To forgive is to set a prisoner free and discover that the prisoner was you. —Louis B. Smedes

When you hold resentment toward 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. —Katherine Ponder

Without forgiveness life is governed by an endless cycle of resentment and retaliation. —Roberto Assagioli

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

Always forgive your enemies - nothing annoys them so much. --Oscar Wilde

If you can’t forgive and forget, pick one. –Robert Brault

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

Love is an act of endless forgiveness. --Author Unknown

Forgiveness doesn’t mean the damage never existed. It means the damage no longer controls our lives. --Author Unknown

Forgiveness means letting go of the past. --Gerald Jampolsky

Forgiveness is the act that helps another’s wrong to not become your wrong as well. --Author Unknown

We are most like beasts when we kill. We are most like men when we judge. We are most like God when we forgive. --Chuck Swindoll

He that cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven. --Thomas Fuller

Depression is nourished by a lifetime of ungrieved and unforgiven hurts. — Penelope Sweet

A wise man will make haste to forgive, because he knows the true value of time, and will not suffer it to pass away in unnecessary pain. --Samuel Johnson

He who forgives ends the quarrel. --African proverb

The weak can never forgive. Forgiveness is the attribute of the strong. —Mahatma Gandhi

Forgiveness is the economy of the heart...Forgiveness saves the expense of anger, the cost of hatred, the waste of spirits. --Hannah More

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When someone wrongs us, we must learn to forgive and ask God to let His love fill our heart. It's the only way to keep from being hurt by bitterness, wrath, and anger. --Henry G. Bosch

Anger makes you smaller, while forgiveness forces you to grow beyond what you were. —Cherie Carter-Scott

Any fool can criticize, condemn and complain--and most fools do. But it takes character and self-control to be understanding and forgiving. --Dale Carnegie

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