

# EP 045 FORGIVENESS

## SHOW NOTES

### OBJECTIVE

> Develop an understanding of the forgiveness.

### UNDERSTANDING FORGIVENESS

**Forgiveness** is a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness. Forgiveness brings the forgiver **peace of mind** and frees him or her from corrosive anger. Not only is forgiveness good for the soul, but it also has **positive benefits** on our mental and even physical wellbeing.

Ability to forgive and seek forgiveness significantly contribute to **marital satisfaction** and are often rated as one of the most important factors that affect **relationship longevity**.

### PERSPECTIVE SAYINGS ON FORGIVENESS:

- > Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. (Martin Luther King, Jr.)
- > Pain in life is inevitable. Suffering, on the other hand, is optional. (Dr. Shauna Shapiro)
- > Mistakes are always forgivable, if one has the courage to admit them. (Bruce Lee)
- > To forgive is to set a prisoner free and discover that the prisoner was you. (Lewis B. Smedes)
- > Makrothumeo is a Greek word for forgive. Its literal meaning is 'have patience with me; give me time.'
- > When you forgive, you in no way change the past – but you sure do change the future. (Bernard Meltzer)
- > The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness. (Honore de Balzac)
- > To err is human, to forgive divine. (Alexander Pope)
- > If you forgive anyone's sins, their sins are forgiven. (Jesus, John 20:23)

### TWO PRIMARY WAYS TO RECONCILE

- 1. Implicit reconciliation** - takes place automatically, as soon as possible.
- 2. Explicit reconciliation** - occurs when people work together to reconcile by explicitly dealing with the issues.

### APPLICATION

> Identify who do you need to forgive today and how exactly will you do it.

### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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