

# Forgiveness Quotes

If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent,' forgive him. - Jesus Christ (Luke 17:3-4)

Forgiveness is not just an occasional act: it is a permanent attitude. ~Martin Luther King

There are no enduring relationships without forgiveness. ~ James McDonald

Forgiveness is not a feeling but a promise or commitment to three things:

1. I will not use it against them in the future.
2. I will not talk to others about them.
3. I will not dwell on it myself.
4. I will let God work in my heart to restore trust. ~ Jay E. Adams

A happy marriage is the union of two good forgivers. --Robert Quillen

Forgiveness is both a decision and a real change in emotional experience. That change in emotion is related to better mental and physical health.” ~ Everett L. Worthington

Unforgiveness and its psychological baggage of hostility and bitterness can put people at risk for mental illness such as depression and anxiety. Allison Kitchen

If you can't displace the pain & disappointment & heartache of this life through forgiveness, you will not move forward. ~ James McDonald

To forgive is to set a prisoner free and discover the prisoner was you.—Unknown

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

Forgiveness is Not the Absence of Unforgiveness ~ APA report on forgiveness

Know all and you will pardon all. --Thomas A' Kempis

Forgive everyone for everything, always. ~ James McDonald

A mature Christian has capacity to absorb the offenses and weaknesses of others, not just demand they perform up to the code of ideals. --Stephen Crosby

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

The offender never pardons. --George Herbert

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

Resentment is like a glass of poison that a man drinks; then he sits down and waits for his enemy to die.—Unknown

Many people are afraid to forgive because they feel they must remember the wrong or they will not learn from it. The opposite is true. Through forgiveness, the wrong is released from its emotional stranglehold on us so that we can learn from it. Through the power and intelligence of the heart, the release of forgiveness brings expanded intelligence to work with the situation more effectively. -- David McArthur & Bruce McArthur

A Christian will find it cheaper to pardon than to resent. Forgiveness saves the expense of anger, the cost of hatred, and the waste of spirit. --Hannah More

Forgiveness means that you've decided not to let it keep festering inside even if it only comes up once in awhile. --Doc Childre and Howard Martin

Sincere forgiveness isn't colored with expectations that the other person 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

Love is an act of endless forgiveness. - Peter Ustinov

We are all full of weakness and errors; let us mutually pardon each other our follies --Voltaire

I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Forgiveness ought to be like a cancelled note--torn in two, and burned up, so that it never can be shown against one. -- Henry Ward Beecher

Not the power to remember, but its very opposite, the power to forget, is a necessary condition for our existence. -Sholem Asch

Forgiveness is a funny thing. It warms the heart and cools the sting. --William A. Ward

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

What we forgive too freely doesn't stay forgiven. --Mignon McLaughlin

It is easier to forgive an enemy than to forgive a friend. --William Blake

We frequently forgive those who bore us, but cannot forgive those whom we bore. --Francois, Duc de La Rochefoucauld

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own. --Jessamyn West

Wrongs are often forgiven, but contempt never is. Our pride remembers it forever. --Lord Chesterfield

Forgiveness is . . . accepting God's sovereign use of people and situations to strip you of self importance, and humiliate your self love. --Martha Kilpatrick

Without deep humility, true forgiveness is impossible...and will never happen. --Martha Kilpatrick

Forgiveness is me giving up my right to hurt you for hurting me. --Anonymous

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

Never does the human soul appear so strong as when it foregoes revenge, and dares forgive an injury. -- E. H. Chapin

There is no revenge so complete as forgiveness.-- Josh Billings

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

To err is human; to forgive, divine.-- Alexander Pope

Humanity is never so beautiful as when praying for forgiveness, or else forgiving another. --Jean Paul Richter

The glory of Christianity is to conquer by forgiveness. --William Blake

Yes, this is what good is: to forgive evil. There is no other good. --Antonio Porchia

Forgiveness is the answer to the child's dream of a miracle by which what is broken is made whole again, what is soiled is made clean again. --Dag Hammarskjold

Forgiveness is choosing to love. It is the first skill of self-giving love. --Mahatma Gandhi

We are told that people stay in love because of chemistry, or because they remain intrigued with each other, because of many kindnesses, because of luck . . . But part of it has got to be forgiveness and gratefulness. --Ellen Goodman

Forgiveness is the final form of love. --Reinhold Niebuhr

One forgives to the degree that one loves. --Francois de La Rochefoucauld

'Tis the most tender part of love, each other to forgive. --John Sheffield

Never forget the three powerful resources you always have available to you: love, prayer, and forgiveness. --H. Jackson Brown

We are all on a life long journey and the core of its meaning, the terrible demand of its centrality is forgiving and being forgiven. --Martha Kilpatrick

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

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

Genuine forgiveness is participation, reunion overcoming the powers of estrangement. . . We cannot love unless we have accepted forgiveness, and the deeper our experience of forgiveness is, the greater is our love. - Paul Tillich

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

You know you have forgiven someone when he or she has harmless passage through your mind. - Rev. Karyl Huntley

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. - Catherine Ponder

Forgiveness is the release of all hope for a better past. - Alexa Young