

Think About It Thursday

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

Matthew 18:21-22 “Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”

The concept of forgiveness is a challenging one when we think in terms of forgiving the person or persons who have upset us, who have wronged us. But the act of forgiveness releases us from the damaging effects that our anger and hostility have on our mind and body. In fact, on our entire well-being. Our emotions are ours; they belong to us and have no effect on the person we are angry with or against whom we hold a grudge. Forgiveness is about letting go of the pain. Forgiveness does not mean that we forget, it means that we remember without pain and anguish. It means that we find a level deep down inside of us where we come to peace with the harm done to us. Forgiveness is an internal decision to let go of resentment and anger. It is OUR choice and OUR decision.

Let's practice some forgiveness today and make things smell better!!!!