

THE EXTRA POINT

BY JERRY ROBERTS



1108 Quotations on Forgiveness

Life is complicated, and we often make it that way by things we do and say that involve others. Sometimes, offense is taken, feelings are hurt, relationships broken. People who once were close now don't associate or talk with each other, unless they have to by necessity at work or other circumstances. Even then, it's forced and only superficial. What's needed is forgiveness, which can be a tough bridge to cross. I'm Jerry Roberts, and forgiveness in the form of quotations is coming next, on The Extra Point.

With the exception of the one who was perfect, everyone who has ever drawn breath has either needed to forgive another, or they themselves forgiven for something said or done. That's our focus today.

1. *"Forgiveness is not forgetting the past or excusing the perpetrator; rather, it is the willingness to let go of the hurt and anger and embrace the future."*
— Writer Rachel Naomi Remen
2. *"The weak can never forgive. Forgiveness is the attribute of the strong."*
— Activist Mahatma Gandhi
3. *"Forgiveness is the final act of love."*
— Civil rights leader, Martin Luther King Jr.
4. *"Always forgive your enemies. Nothing annoys them so much."*
— Oscar Wilde, playwright
5. *"It's not an easy journey to get to a place where you forgive people. But it is such a powerful place, because it frees you."*
— Actor and film maker, Tyler Perry
6. *"Forgiveness is the fragrance that the violet sheds on the heel that has crushed it."*
— Mark Twain, journalist and author
7. *"I have never seen a person who is ungrateful*

and forgiving at the same time."
— Greek philosopher, Epictetus

8. *"Without forgiveness, life is governed by an endless cycle of resentment and retaliation."*
— Roberto Assagioli, Italian psychiatrist
 9. *"Forgiveness must always be preceded by repentance."*
— Pope Francis
 10. *"Only the heart that has been broken truly knows the value of forgiveness."*
— Lysa TerKeurst, author and speaker
 11. *"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, minister
 12. *"How unhappy is he who cannot forgive himself."*
— Publilius Syrus, actor and writer
 13. *"We must forgive those who trespass against us, not so much because their sins are insignificant, but because forgiveness is the only way we can ultimately be healed and grow."*
— Thomas Merton, monk and theologian
 14. *"Just as there is no such thing as a perfect parent, there is no such thing as a perfect child. And forgiveness is what we give our imperfect children."*
— Marianne Williamson, activist
- (and one day, that gift may be returned)
15. *"Forgiveness is a release of the past, a present moment of freedom, and a vision of a future without resentment."*
— Alan Cohen, inspirational writer

(Con't.)

16. *"To forgive is to set a prisoner free, and discover that the prisoner was you."*
— Unknown

Who do you need to forgive today? Who do you need forgiveness from? Why not go see them, or call them if that's not possible?

Set pride aside. You'll find the words to say.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

