

BEREAVEMENT SUPPORT

Forgiveness

Forgiveness is a Decision

Forgiveness is a decision that we make. It is a choice of the will. It is not a feeling. We do not need to feel forgiving or loving. We cannot expect that the next time we see the person we forgave that we will like them and want to share a hug. If we are waiting to forgive until we feel loving, we might wait a long time. Rather, we choose to let go and we decide to forgive. It is a one-way process, a matter of the will. It is not an emotion and it is not necessarily reciprocal. Sometimes, reconciliation is not possible. Perhaps the other is closed and not responsive. Whatever the situation, forgiveness is still called for and is necessary. Only forgiveness will free the heart from the poison of resentments that threaten health, both spiritual and physical.

(by Richard McAlear)

Some thoughts on forgiveness:

- *The essential step on the road to forgiveness is the decision to forgive.*
- *The hurt will not heal so long as we cling to unforgiveness*
- *Unforgiveness robs the heart of peace.*
- *Forgiveness is the inalienable right of the person who has been hurt.*
- *Forgiveness is a deliberate choice to “let go” of the power “the other” as over us.*
- *Reframing helps us separate the wrongdoer from the wrong.*
- *Sometimes the person who needs to be forgiven may be oneself.*

<https://www.goodgrief.org.au/seasons-for-growth>

*“Life is
changed not
ended”*



A refusal to forgive is called a resentment and the victim of resentment is always the one who carries it. The people we refuse to forgive may neither know nor care about our resentment.



*“Death does not
end our story...
Death does not
end our
relationships”*