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This month's quotes are all about *Forgiveness*. I hope you will find them inspirational and helpful!

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

—Robert Muller

“Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim—letting go of the pain and transforming oneself from victim to survivor.”

—C.R. Strahan

“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



“I did a lot of things that I regretted and certainly paid for my mistakes. You have to go and ask for forgiveness and it wasn't until I really started doing good and doing right, by other people as well as myself, that I really started to feel that guilt go away. So I don't have a problem going to sleep at night.”

—Mark Wahlberg

“Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.”

—Joan Lunden



“To err is human, to forgive, divine.”

—Alexander Pope, *An Essay on Criticism*

“People can be more forgiving than you can imagine. But you have to forgive yourself. Let go of what's bitter and move on.”

—Bill Cosby

“True forgiveness is when you can say, “Thank you for that experience.”

—Oprah Winfrey

“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 can never be shown against one.”

—Henry Ward Beecher



“The first to apologize is the bravest. The first to forgive is the strongest. The first to forget is the happiest.”

—Unknown

“I believe in Jesus Christ as my Lord and savior. I believe that Jesus died for my sins, and rose again, and that’s my belief. I still don’t know what ‘Christian’ means. I’m a follower of Christ, but I keep making a whole bunch of mistakes. And I thank God for forgiveness.”

—Sherri Shepherd



“To be wronged is nothing, unless you continue to remember it.”

—Confucius

“I think the first step is to understand that forgiveness does not exonerate the perpetrator. Forgiveness liberates the victim. It’s a gift you give yourself.”

—T.D. Jakes

“Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, cause hate in your heart will consume you too.”

—Will Smith

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

—Martin Luther King, Jr.