

Forgiveness: “The weak can never forgive. Forgiveness is the attribute of the strong.” – Mahatma Gandhi

Forgiveness is frequently a misunderstood concept. Often forgiveness is understood as being synonymous with forgetting. Forgiveness is not necessarily forgetting, but instead it is paying another’s debt. A practical example is when financial debt is forgiven. The debt is not forgotten. The debt is paid; it is just paid by someone other than the person who incurred the debt.

Application: As a chaplain, I often have the opportunity to provide counseling to couples who are struggling in their relationship. If there is one lesson I have learned it is that forgiveness is foundational to any healthy, long lasting relationship. We all make mistakes and build up emotional debt against those we love. To forgive is to not to forget about that emotional debt, but instead to take that debt upon ourselves and not hold it against those who wronged us. Human nature is to want people to pay us back for the debt they have incurred against us. However, when it comes to emotional debt, it is almost impossible to pay someone back for the hurt you have caused. This is why Gandhi stated that “forgiveness is the attribute of the strong.” The ability to forgive is incredibly difficult. Yet there is freedom in forgiveness; you set yourself free from bitterness and anger and set the other person free from the debt they owe you.

Forgiveness is a sensitive topic and if it is an area you struggle, please feel free to reach out to discuss this issue in more depth. It is truly an honor to serve this community. You all are in my prayers. Peace and Blessings.