

# Additional Clarifications

## Forgiving Ourselves

When wanting to forgive ourselves, first focus on the crucified LORD and supreme power of divine mercy (cf. Romans 8:35, 37-38). God's forgiveness of us is more powerful than our worst offense, however wrong and reprehensible our behavior was. Of course, when we have offended another, we also must acknowledge our behavior was wrong and accept responsibility or blame for what we did and, with God's grace, move on from my failure with lessons learned about my constant need to live in the inexhaustible reservoir of God's mercy.

## Forgiveness Propels Us Forward

Without forgiveness, there's no future because I will remain mired in the past offense, replaying the hurt and living in the wrong that was done to me. Forgiveness is God's gift to free me from the past so to live more fully in the only moment that is guaranteed: right now.

## Forgiveness Remembers

Forgiving is not forgetting; it is remembering. I remember that I do not have to respond to violence committed against me with violence in words or actions.

## Forgiveness Hatches Fresh Starts

Forgiveness always makes for a new beginning. While this may or may not be for the one forgiven, it is true for me that I begin anew the moment God's grace works within me to forgive.

## Forgiveness is Grounded in Reality

Forgiveness accepts reality as it really is. There is no pretending or posturing. The truth sometimes is awful and hurts. Forgiveness is not about making the offender apologize, it is my being set free from the tyranny of the offense and hurt. There is nothing superficial about forgiveness.



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