

Did you know . . .

Forgiving Oneself

“You must first forgive yourself in order to forgive others.” Debasish Mridha (American physician, philosopher, poet seer, and author)

Yet, forgiveness of oneself is the hardest of all the forgivenesses. It is hardest because when we are not able to forgive ourselves, our hearts may harden, making it unlikely we will be able to generate enough compassion for others so that we can forgive them should they disappoint or hurt us.

“Forgive yourself first. Let go of past hurts and direct your spirit to goodness and hope by having gratitude.” Janet Taylor Spence (American psychologist)

Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. But if you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. Letting go of grudges and bitterness can make way for improved health and peace of mind.

Baptism was given to us to take away the sin inherited from Adam (original sin) and any sins we personally committed before baptism (actual sins).

For sins committed after baptism, we have the Sacrament of Reconciliation and it is available to us every day. Through this Sacrament, God forgives us. And, “If God forgives us, we must forgive ourselves.” C.S. Lewis (British novelist, poet, academic, medievalist, literary critic, essayist, lay theologian, broadcaster, lecturer, and Christian apologist)

“The human race must learn to forgive, to practice forgiveness, to choose it, to seek it, to value it, and to want it. That means that each of us individually must do the same, because the world begins in the human heart.” (Preface of The Forgiveness Book)

“Don't appreciate me, I'm not up to it. Don't criticize me, I don't deserve it. Just be my friend and forgive me, because I am craving for it.” — Debasish Mridha

Judy Pearson

