



ATTITUDE

&

FORGIVENESS

ATTITUDES, BY CHARLES SWINDOLL

FORGIVENESS, BY CLAUDIA BLACK



ATTITUDES



By Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break ... a company, a church, a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable.

The only thing we can do is play the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so, it is with you.

We are in charge of our attitudes.



FORGIVENESS

A poem by Claudia Black

Before forgiveness is truly possible, you must own what happened to you. You must acknowledge the losses and feel the feelings.



FORGIVENESS IS NOT

Forgiveness is not forgetting.
Forgiveness is not condoning.
Forgiveness is not absolution. They are still responsible for what they did to us.
Forgiveness is not a form of self-sacrifice.
Forgiveness is not ever again being angry about the abuse.
To forgive is not clear cut, a one-time decision.



FORGIVENESS IS

Forgiveness is recognizing we no longer need our grudges and resentments, our hatred and self-pity.
Forgiveness is no longer wanting to punish the people who hurt us.
Forgiveness is what happens naturally as a result of confronting past, painful experiences and healing old wounds.
Forgiveness is an internal process. It happens within.
Forgiveness is remembering and letting go.

With forgiveness, we no longer build an identity around something that happened to us in the past.

