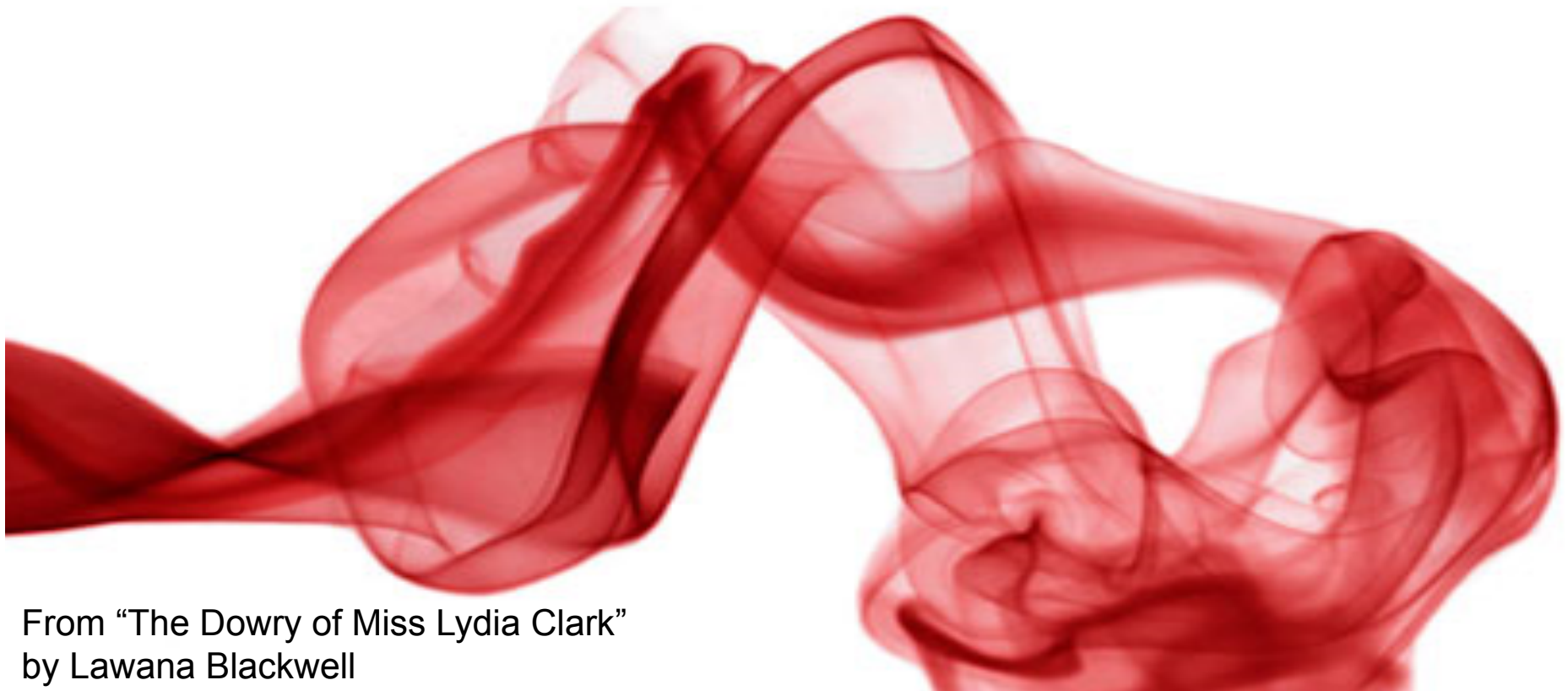


Anger makes you smaller,  
while forgiveness forces  
you to grow beyond what  
you were.



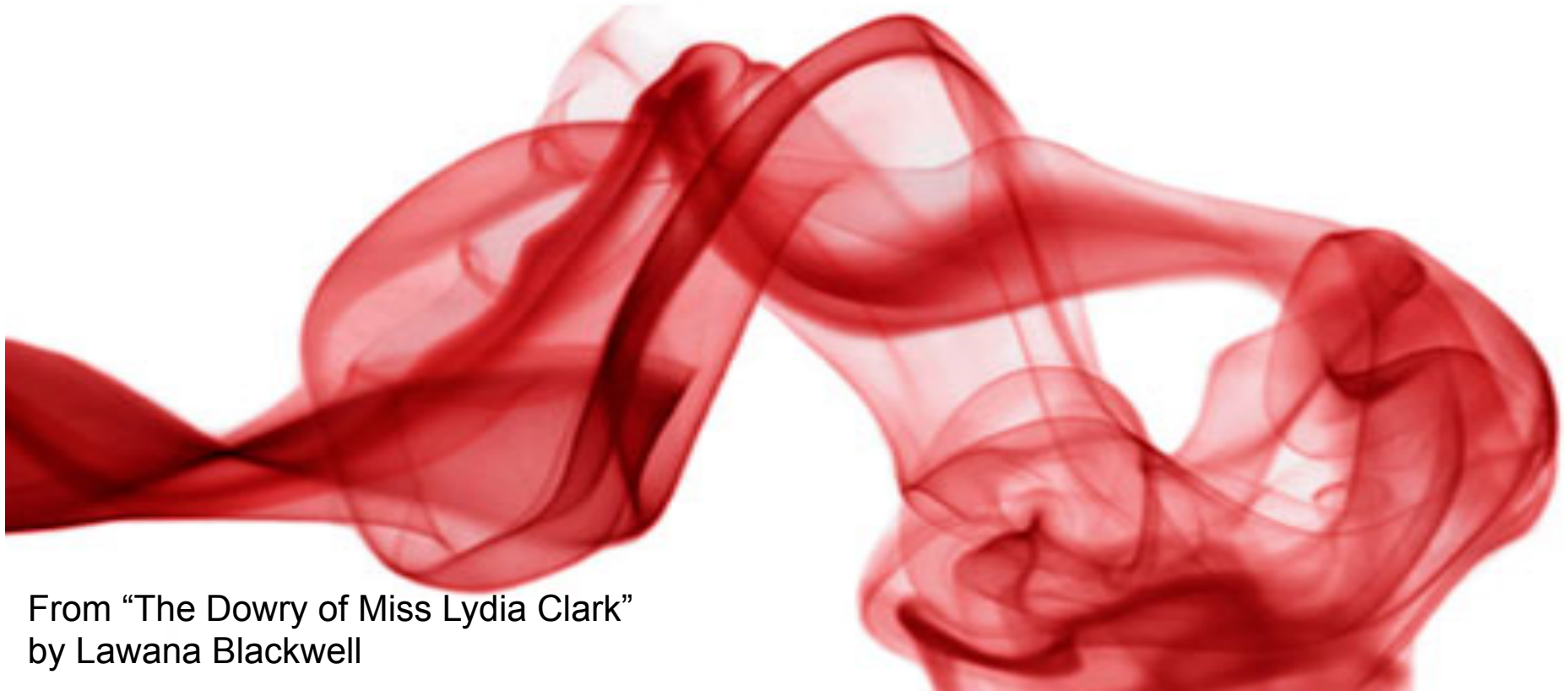
From "If Love Is A Game, These Are The Rules"  
by Cherie Carter Scott

Forgiveness is almost a  
selfish act because of its  
immense benefits to the one  
who forgives.



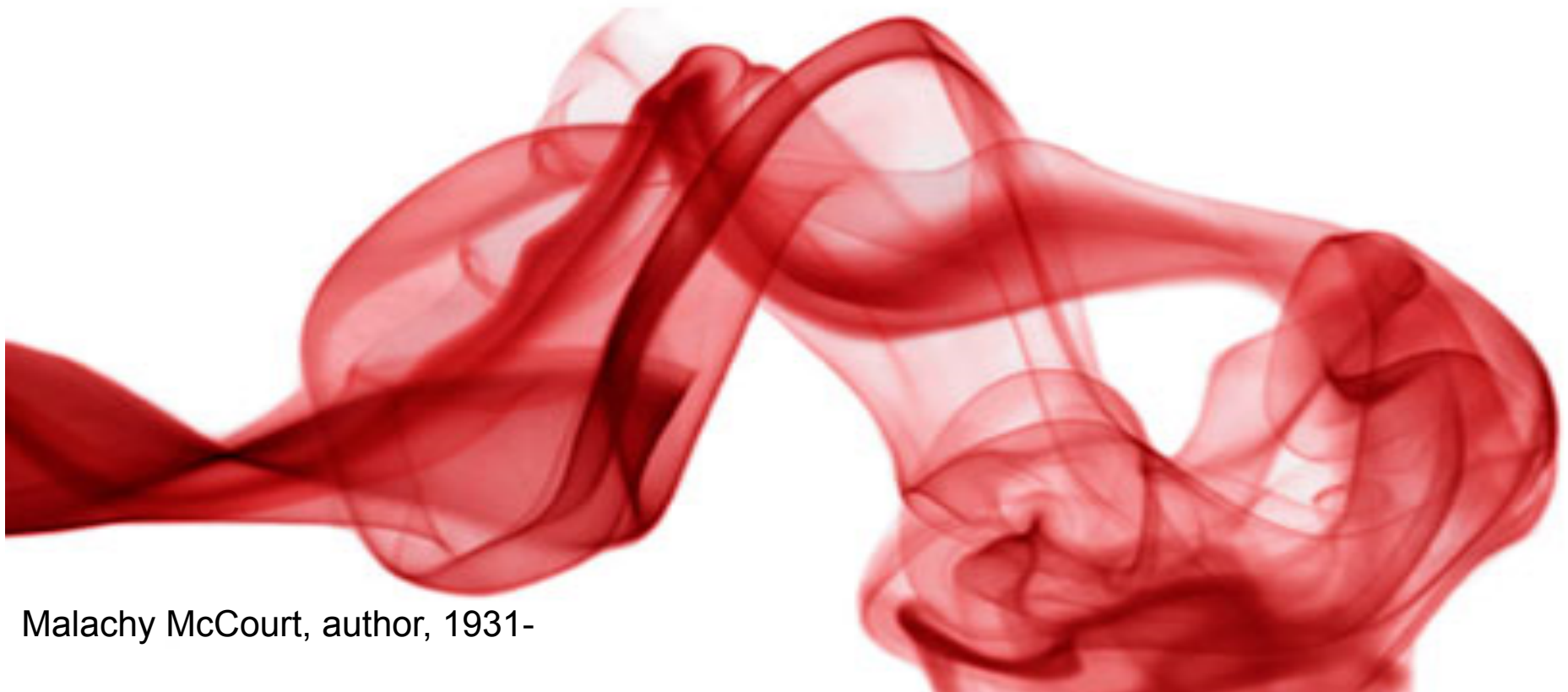
From "The Dowry of Miss Lydia Clark"  
by Lawana Blackwell

The hatred you're carrying  
is a live coal in your heart  
- far more damaging to  
yourself than to them.



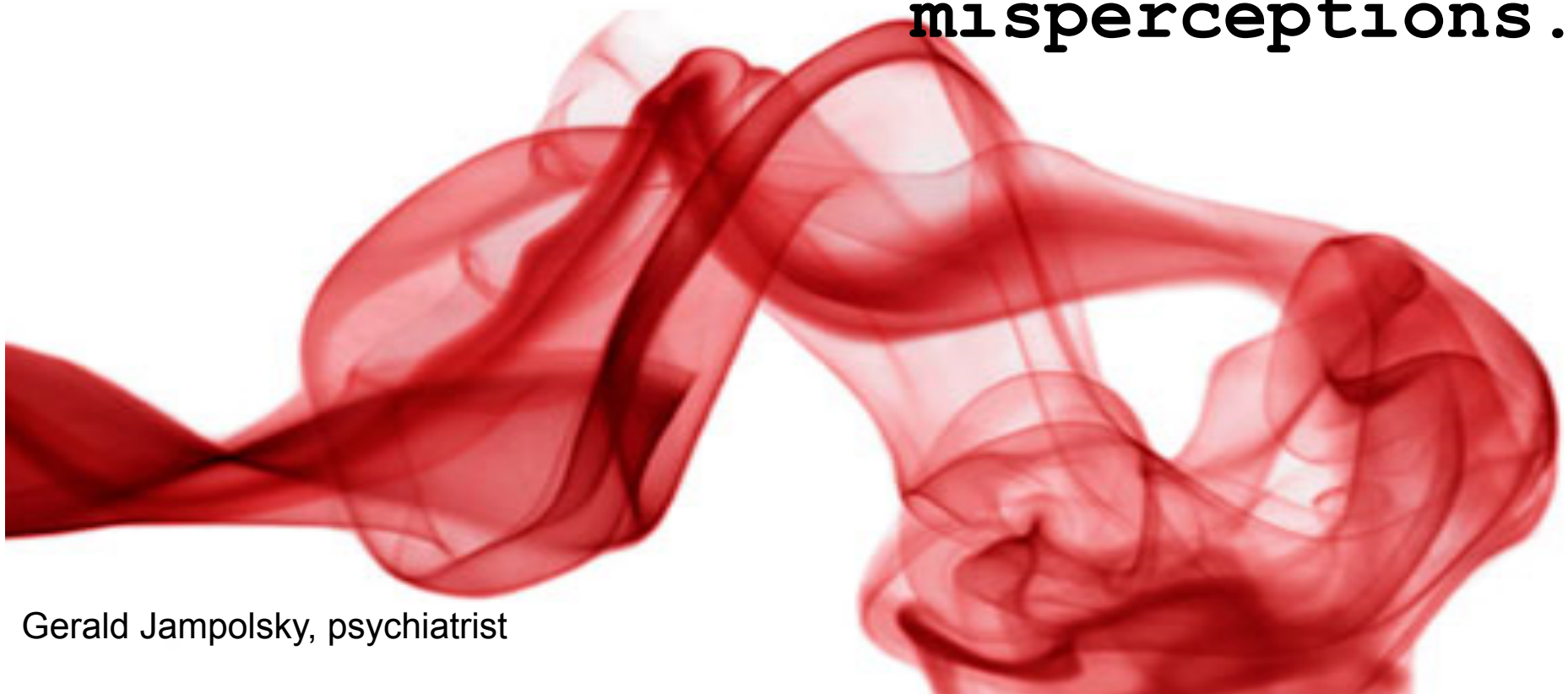
From "The Dowry of Miss Lydia Clark"  
by Lawana Blackwell

Resentment is like taking  
poison and hoping that the  
other person dies.



Malachy McCourt, author, 1931-

Inner peace can be reached only  
when we practice forgiveness.  
Forgiveness is letting go of the  
past, and is therefore the means  
for correcting our  
misperceptions.



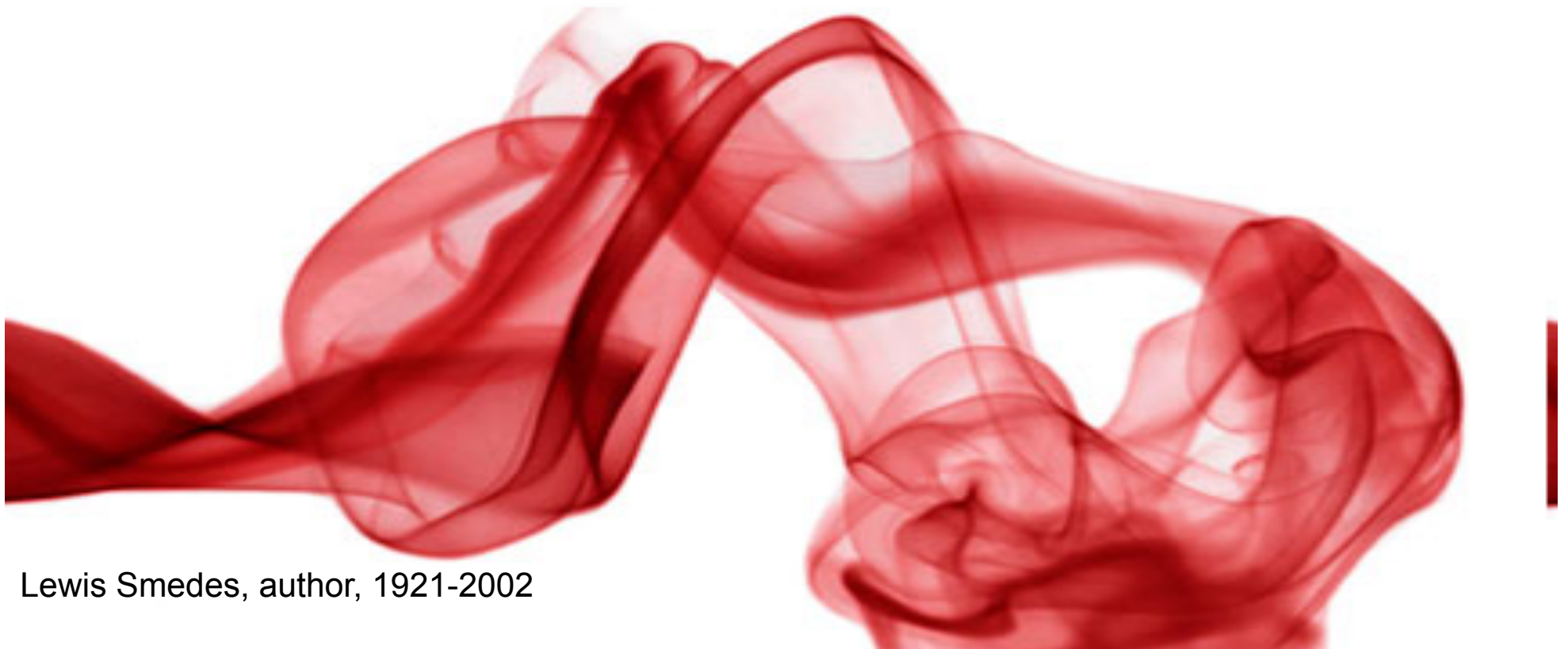
Gerald Jampolsky, psychiatrist

**Forgiveness is not about  
forgetting, Mack. It is  
about letting go of another  
person's throat.**



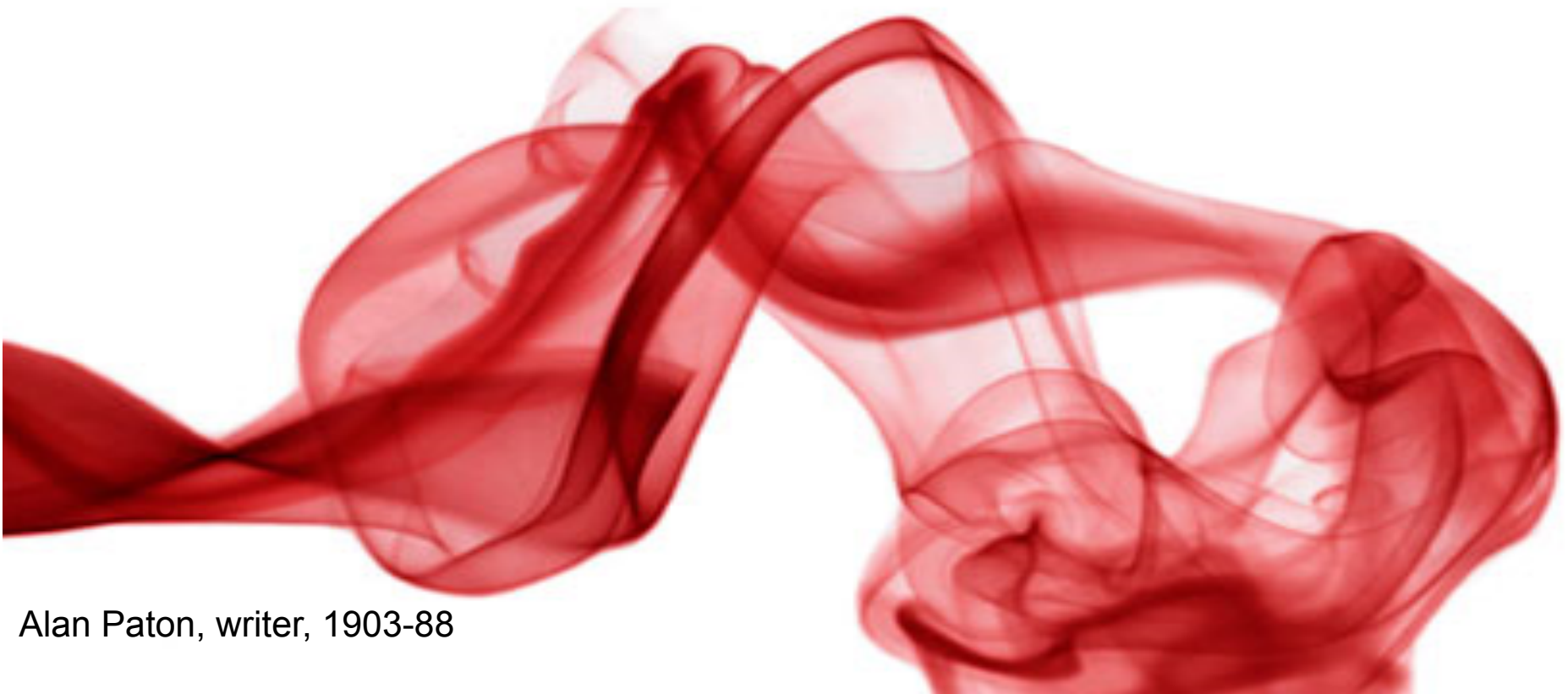
From "The Shack" by William Paul Young

To forgive is to set a  
prisoner free and discover  
that the prisoner was you



Lewis Smedes, author, 1921-2002

**When a deep injury is done  
us, we can never recover  
until we forgive.**



Alan Paton, writer, 1903-88