



Forgiveness: That Incredible Spiritual Gift

Healthy, sustainable relationships cannot exist without forgiveness. Forgiveness is the removal of those blockages that interfere with and prevent the exchange of communication, positive feelings and acts of love. Forgiveness extracts the venom from the wound and allows healing to take place.

Forgiveness is a mystery and a miracle and always a gift—a spiritual gift in particular. Inevitably, it is a costly gift, yet is always given freely; without price.

The effect of forgiveness is freedom from the bondage of debt or sin. Our lives are filled with offensive and sinful stuff. In spite of our best attempts to avoid such attitudes and behaviors, we are forever inclined toward evil and drawn to it. That is the way it is! We are caught in its net and cannot by any means extricate ourselves from this predicament.

The only differences among us as a human population on this issue is simply a matter of degree. No one is free from this destructive entanglement. We are forever hurting others or being hurt ourselves. We disappoint and offend each other in countless ways.

Only the bestowing of this gift of forgiveness can heal the wound. That is what Jesus was all about—forgiveness—settling our account with the Holy One, of which Jesus himself was and is an integral part. How all of this happens is both a miracle and a mystery. However it happens, the result is that we who in no way deserve it, are set free and no longer have to carry the burden of our guilt. We are free and to us it comes completely free as a spiritual gift.

Forgiveness is spiritual by definition because it affects our relationship with God. It heals and restores to normalcy a relationship that has been disrupted by our choosing to live separated from God.

As we are forgiven, our relationship with the Holy One is restored and we are in turn enabled to forgive others who offend us. We cannot forgive others on our own volition, but are given the gift ourselves which we then are able to share. So this incredible gift of forgiveness unblocks the entire system. Painful? Yes! Healing? Mercifully!

