



## *Inspirational Emails*

### **Forgive & Forget**

*God Nuggets, Issue 13*

*"Love forgets mistakes; nagging about them parts the best of friends."  
Proverb 17:9 (The Living Bible)*

**How many times have acquaintances, friends, even our closest friends offended us, in word or deed?** How many times have you had to ignore, overlook and forgive the perpetrator?



When you chose to forgive their transgressions (whether real or just perceived) you discover God's wisdom for maintaining healthy relationships - ***forgive and forget!***

Your friends and loved ones are human - just like you. They will (intentionally or not) say or do hurtful things. Have you ever been guilty of the same? Did you need to be forgiven?

Conversely, the Hebrews' ancient wisdom warns us that a sure-fire way to lose friends is to constantly point out their shortcomings, verbal slights, inconsiderate actions, etc.

You'll notice that those who lack an inability to overlook the shortcomings of friends or family soon don't have to worry about it: no more friends and tragically, sometimes, no more family.

Personally speaking, I confess that I would have no friends whatsoever if I couldn't forgive and forget. Often what we are most offended by is pretty small stuff-unless because of our past history and training it appears (in our exclusively subjective view) to us to be a big deal.



**Here's the test on this one - ask three other friends would they consider this a major offense?**

And when a major offense truly does occur, give yourself a "cooling" off period of several days - even weeks. **Put yourself in their shoes.** What were they thinking, and why? What was their state of mind and why? Seek to understand, even empathize. Then in a calm manner share how their words or actions affected you. **You'll be surprised by the results.**

by C.V. Doner