

# What Is Forgiveness?



**forgiveness**

In your Home Learning books, write the date and the title 'Forgiveness'  
Think about the word 'forgiveness' and what you think it means.

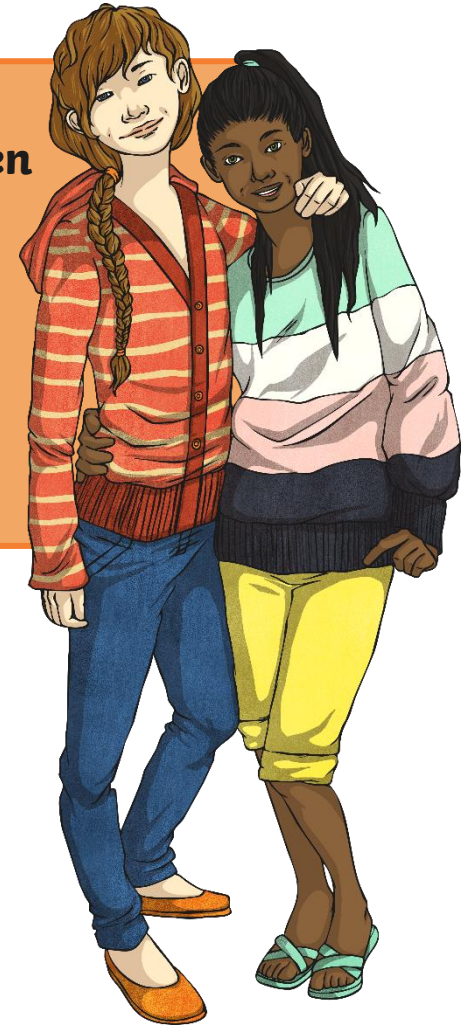
Write down some examples of forgiveness to help you to explain your understanding of the word.

# What Is Forgiveness?



Forgiveness (noun) is defined as:  
**the action or process of forgiving or being forgiven**  
**(Oxford Dictionary)**

To forgive (verb) is defined as:  
**to stop feeling angry or resentful towards**  
**(someone) for an offence, flaw or mistake.**  
**(Oxford Dictionary)**



# Understanding Forgiveness



Forgiving means to change the way you feel about something that has happened or has been done to you.

Forgiveness is different from the following words:

**condoning**

**forgetting**

**excusing**



# Understanding Forgiveness



**Condoning** is accepting and allowing something which is wrong. Forgiving is not saying that bad behaviour is acceptable, but is saying that you no longer feel angry about it.

**Forgetting** is when you do not remember something. This is different from forgiving because when forgiving something, you are likely to remember it but are no longer resentful or wanting to punish the offender any more.

**Excusing** is when you try to give reasons why someone is less to blame for their actions. When you forgive, you are not analysing how much the person is at fault but you are saying you accept something happened and are letting go of the hurt caused.

# Quotations about Forgiveness



There are many thought-provoking quotations about forgiveness.

**“When one forgives, two souls are set free.”**

Unknown

**“The weak can never forgive. Forgiveness is an attribute of the strong.”**

Mahatma Gandhi

**“Friendship flourishes at the fountain of forgiveness.”**

William Arthur Ward

**“When a deep injury is done to us, we never heal until we forgive.”**

Nelson Mandela

**“You do not do evil to those who do evil to you, but you deal with them with forgiveness and kindness.”**

Prophet Muhammad (Peace Be Upon Him)