

SEVEN LIFE LESSONS

As a result of facing grievance and practicing forgiveness, you will learn the following 7 lessons:

1. Life is not fair; don't try to make life fair. Simply treat others fairly.
2. You cannot control what others do to you; You can control only what you do to others.
3. You cannot change others; you can change only yourself.
4. When you refuse to forgive, you are the one left with misery; when you forgive, you are the one set free.
5. Vengeance creates a bitter spirit within you; forgiveness helps you to have a better view of life.
6. You cannot avoid hurts, but you do not have to give hurts a home to live in.
7. The essential question of forgiveness is not who did what; the essential question of forgiveness is whether you will let this event ruin your life or enrich it.

Now that you realise the price you pay when you don't forgive, I trust you will find sufficient motivation to forgive the wrongs others have done to you. Forgiveness is for your own good. When you forgive, you get your life back. Here's the deal: you are not chained to your past, nor is your future determined by your past. Save your energy and best thoughts for people who help you, encourage you, and lift you up. Don't give precious mental real estate over to distorted memories of individuals who have the power to bring you down! You simply cannot swallow a poison pill and hope the other person dies.

Two former American POWs met at the Vietnam Memorial in Washington, DC. They both had spent what felt like their best years in the infamous Hanoi Hilton, where they were kept caged for days on end. One soldier asked the other, "Have you forgiven your captors yet?" The other soldier responded in a voice full of anger, "No, I will never forgive them for what they did to me." With that, the first soldier responded, "Then I guess they still have you prisoner, don't they?"

ARE YOU STILL A PRISONER OF YOUR PAST EXPERIENCES, OR WILL YOU SET YOURSELF FREE BY PRACTICING FORGIVENESS?