

E5 Leader



FORGIVENESS

- Forgiveness is the ability to allow someone who's been in error to have your blessing.
- Both your 'I'm sorry' and your forgiveness need to be genuine.

If not, you are giving unforgiveness a hold on your mind, your heart, your emotions, and living in negative and misery.

- Often, it's the little things that get us ticked off and off balance.
Talk through it. Be ready to forgive and to move on. If you hold unforgiveness in your heart, you're the one who suffers.

- Control the things in your life that cause anger.
You don't want to find yourself out of balance emotionally.
- Any wrong that's ever going to happen to you is forgivable.
It may take time because some things are big issues but unforgiveness turns into bitterness, bitterness into sadness. The sorrow lasts longer than forgiveness.
- Another benefit of forgiving is that when you are quick to forgive, other people are quick to forgive you as well.
No one lives an error-free life. Plenty of mistakes will be made in life and need to be forgiven.