

## SIX: THE COMPASSIONATE DECISION *I will greet this day with a forgiving spirit.*

*I know that God rarely uses a person whose main concern is what others are thinking. **The Compassionate Decision** can heal your heart, mind, and soul. Harboring anger and resentment poisons our minds and hinders our ability to live the other six Decisions with any measure of effectiveness. Forgiveness frees our spirits.*

**The compassionate Decision** changes the way most people view forgiveness. *A forgiving spirit allows you to let go of the past and embrace a compelling new future. Harboring anger and resentment for others – regardless of whether or not “they deserve it” – poisons your soul and limits your growth.*

When you embrace forgiveness through the **Compassionate Decision**, your level of personal successes becomes boundless.

Abraham Lincoln - We have heard of ABRAHAM LINCOLN! Abraham Lincoln stated: *“Forgiveness is a secret that is hidden in plain sight. It costs nothing and is worth millions. It is available to everyone and used by few. If you harness the power of forgiveness, you will be sought after and regarded highly. And not coincidentally, you will also be forgiven by others!”*

### **1. The Power of Forgiveness**

Implementing **the compassionate Decision** - I will greet this day with a forgiving spirit.

Many of us can identify with the following feelings:

For too long, every **ounce** of forgiveness I owned was locked away, hidden from view, waiting for me to bestow its precious presence upon some worthy person. Alas, I found most people to be singularly unworthy of my valuable forgiveness, and, since they never asked for any, I kept it all for myself. Now, the forgiveness that I hoarded has sprouted inside my heart like a crippled seed yielding bitter fruit.

**No more!** At this moment, my life has taken on new hope and assurance.

By the simple act of granting forgiveness, I release the demons of the past about which I can do nothing and create in myself a new heart, a new beginning.

*I will greet this day with a forgiving spirit.*

*I will forgive even those who do not ask for forgiveness.*

The rage I nurture is often one-sided, for my offender seldom gives thought to his offence! I will now and forevermore silently offer my forgiveness even to those who do not see that they need it.

By the act of forgiving, I am no longer consumed by unproductive thoughts.

My bitterness is given up. I am contented in my soul. And effective again with my fellow man.

I will greet this day with a forgiving spirit.

*I will forgive those who criticize me unjustly.*

*I will greet this day with a forgiving spirit. I will forgive myself*

#### ***a) The Powerful Act of Forgiveness***

*By the simple act of granting forgiveness, I release the demons of the past about which I can do nothing, and create in myself a new heart, a new beginning.*

### **2. Forgiving Yourself**

For many years, my greatest enemy has been myself. Every mistake, every miscalculation, every stumble I made has been replayed over and over in my mind.

When I disappoint myself, I respond with inaction and become more disappointed.  
I realize today that it is impossible to fight an enemy living in my head.  
By forgiving myself, I erase the doubt, fear, and frustration that have kept my past in the present.

From this day forward, my history will cease to control my destiny.

I have forgiven myself. My life has just begun.

I will forgive even those who do not ask for forgiveness. I will forgive those who criticize me unjustly. I will forgive myself.

I will greet this day with a forgiving spirit.

#### **a) Forgive Yourself - Beginning Anew**

From this day forward, my history will cease to control my destiny. I have forgiven myself. My life has just begun.

Every broken promise, every day wasted, and goals not reached has energized the disgust we feel about our predicament. This dismay develops into a paralyzing grip.

When we disappoint ourselves, it sets in motion a continual cycle of disappointment. **It's true.**

### **3. The Ultimate Anger Resolution Action**

The bad news is that the past was in your hands, but the good news is that the future, my friend, is also in your hands.

I couldn't find a rule in the Bible or any other book, which said in order for me to forgive somebody, the person who committed the offense **had to ask** for it or deserve it.

Everything I read and everything I felt within my soul said, "Forgive. Let it go".

I see now that by forgiving, I'm giving myself **the ultimate gift**, because forgiveness affects me much more than it affects another.

It is not even mandatory that the person I'm forgiving be aware of it.

Forgiveness often means more to the forgiver than it does to the person being forgiven.

This does not mean that we just forgive and forget!

Rather it is this way: Forgiveness is about **you** - Trust is about **them**.

Forgiveness is about the past: trust is about the future.

Do we forgive somebody who steals from us? YES.

Do we continue to do business with him? NO

Forgiveness is a decision, not an emotion!

#### **b) The Gift of Forgiveness**

Forgiveness is a secret that is hidden in plain sight.

It is available to everyone and used by few.

If you harness the power of forgiveness, you will be sought after and regarded highly.

The Poison of Un-forgiveness is that it destroys the offended person rather than hurting the offender.

Offenders are not even thinking about it, but it's ruining your life. - - - why should you forgive them? Because it's ruining your life, not theirs!

Trust me on this! You cannot become the parent, spouse, or friend you could otherwise be while consumed by an unforgiving attitude.

Forgiveness is a gift you give yourself. Receive it now!

### **4. Healing a Wounded Heart**

In order to be successful in all areas of my life, I must control my impulses – my thoughts. It is impossible to fight an enemy that has a fort in my head.

**a) Give yourself the gift of Compassion**

Old **Kozak** - There is a story of an old **Kozak** who tells his grandson about a fight going on between the two wolves inside of him. One wolf was evil and full of anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, and ego. And the other wolf was a good wolf, full of forgiveness. The grandson asked his grandfather, "Which wolf wins?" The old man simply replied, "The one I feed".

**b) The Resentment Discharge**

Have you been harboring resentment toward anyone?

Now close your eyes and let go of your resentment for each person. Forgive them.

Remember your resentment only hurts yourself.

To successfully complete this exercise, don't make any exceptions – forgive unconditionally – especially that one person you really don't want to forgive.

Commit from this day forward to embrace the **Compassionate Decision** of forgiveness unconditionally.

We generally avoid unconditional forgiveness.

**5. The Miracle of Forgiveness**

Occasionally, you're on the flip side of the coin – someone is angry at you. Something you said or did offended someone.

Now the other person has the opportunity to forgive you.

It can be challenging to humbly ask someone for forgiveness. But it works.

It is an extra ordinary gesture to humbly ask someone for forgiveness. But it works! It creates miracles.

Asking for forgiveness is an amazing experience, and one that only truly extraordinary people will do. It's much easier to simply let stuff slide.

It takes courage to walk up to someone and say, "Hey, I need to talk to you. I owe you an apology, and I want to ask for your forgiveness."

Oftentimes, your humility will create a bond or forge a new friendship that will benefit you in some way.

This action almost always dissipates and resolves anger.

Questions such as, "How do other people see me"?

And "What don't they like?" can be quite revealing if answered honestly.

When you become a person whom others want to be around, you will have become a person of influence.

Don't just say "I am sorry"- rather, specifically state your offence and specifically ask for forgiveness. Almost always recipients of your courage and humility will most gladly forgive and their reward is a restored inner peace.

By asking forgiveness you give the grudge holder peace.

**GOD HAS DESCRIBED HIS CHARACTER AS LONGSUFFERING, LOVING KINDNESS, FORGIVING AND COMPASSIONATE – How much do you want to be like HIM?**

**Jesus said: “I desire Mercy”.**