Is forgiveness important in our daily lives? Why or why not?

Share your thoughts as part of our monthly Inequality Question

S.A.L.V.E. INTERNATIONAL   JUN 27, 2023 09:16AM UTC

ANONYMOUS   JUL 27, 2023 12:48PM UTC

What every one deserves.

ANONYMOUS   JUL 27, 2023 12:40PM UTC

We really need this.

Peter

ANONYMOUS   JUL 27, 2023 12:42PM UTC

The truth of the matter

ANONYMOUS   JUL 27, 2023 12:29PM UTC

Destiny

Forgiveness may not be beneficial if it is used as away to avoid conflict or confrotation.

> Yeah sure because sometimes when forgiven we take everything for granted!   — ANONYMOUS

ANONYMOUS   JUL 27, 2023 12:25PM UTC

CLARE

Forgiveness is not good because it put us on pressure or guilt us into reconciling with someone who has hurt us.

> *Right answer*   — ANONYMOUS

Racheal

As Christians forgiveness comes from the father in heaven, we can only ask the lord Jesus to forgive us our sins and wash them away from us!

Racheal thank you please!! — **ANONYMOUS**

Emma

Ayhan

Forgiveness is not good because sometimes it perpecuates acycle of abuse or

Gift

Forgiveness improves sleep and reduces pain, blood pressure and levels of anxiety,depression and stress

Mary

If forgiveness is used as a way to avoid dealing with our own feelings or processing our emotions

Hamenya

Forgiveness is not important because it makes people not to realise their mistakes

Tom

Forgiveness may not be appropriate if the other person is not remorseful or doesn't take responsibility for their actions

James

No, Forgiveness doesn't mean forgetting or excusing the harm done to you

Peter

Forgiveness is not important if it is used as a way to avoid holding others accountable for their actions

Janet

Forgiveness improves our mental health

James

Sheila

When you forgive someone you make God happy.

But makes you reconcile with a person who hurt you
— **ANONYMOUS**

Diane

It promotes inner peace

Maritah

Forgiveness is important because it helps us go off anger,resentment and bitterness.

Yvone

forgiveness is not important because making crimes is common and easily repeated among human beings.

Forgiveness promotes healing and well being. — **ANONYMOUS**

Emma

Forgiveness is an essential process in human life

Forgiveness elevates mood and enhance Optimism and guard against anger, stress, anxiety and depression

ANONYMOUS JUL 27, 2023 12:05PM UTC

Forgiveness plays a crucial role in resolving conflicts and restoring harmony

Kazibwe

ANONYMOUS JUL 27, 2023 12:04PM UTC

Denis

Forgiveness takes away hatred.

> *It restores relationships and helps communities to progress in harmony* — **ANONYMOUS**

ANONYMOUS JUL 27, 2023 12:06PM UTC

Waiswa

Forgiveness qualifies you to receive mercy and pardon from god in time of need

ANONYMOUS JUL 27, 2023 12:01PM UTC

OSAR

Forgiveness can reap huge rewards for your health lowering the risk of heart diseases

ANONYMOUS JUL 27, 2023 11:59AM UTC

Forgiveness

Forgiveness doesn't just helps us heal from the wrongs that were done to us

Tusubira

> *Forgiveness foster a sense of inner freedom and liberation.* — **ANONYMOUS**

> *However forgiveness can also heal pain from an individual* — **ANONYMOUS**

ANONYMOUS JUL 27, 2023 11:57AM UTC

Kwaala

It leads to feelings of understanding, empathy and compassion for the one who hurt you

ANONYMOUS JUL 27, 2023 12:00PM UTC

Denis

cultivatirg forgiveness is lmportant aspect of freedom from the past

> *Awesome 👌..in addition to that practicing forgiveness helps us enhance our self esteem and self worth* — **ANONYMOUS**

ANONYMOUS JUL 27, 2023 11:55AM UTC

Forgiveness

It also increases our sense of happiness and growth

ANONYMOUS JUL 27, 2023 11:51AM UTC

Hannah

It helps us to Improve our physical health

> *That's true! Do you think it's only important because of what it does for us, or is it helping the rest of the community too?* — **ANONYMOUS**

ANONYMOUS JUL 27, 2023 11:53AM UTC

obiwn maasa

forgiveness increases our empathy and compassion towards others

ANONYMOUS JUL 27, 2023 11:45AM UTC

MOREEN

Forgiveness may not be helpful if it is used as a way to minimize or dismiss the harm that has been done

> *It does but how about it helping the wronged person to heal emotionally and move on from difficult situation* — **ANONYMOUS**

ANONYMOUS JUL 27, 2023 11:54AM UTC

Jovin

You feel for others as you do for yourself

ANONYMOUS JUL 27, 2023 11:44AM UTC

When we forgive we are encouraging compassion in the community

Pearl

ANONYMOUS JUL 27, 2023 11:42AM UTC

Forgiveness

Forgiveness promotes feeling of gratitude and positivity.

Janice

Helen Huthwaite

Forgiveness is an important part of the healing process, though it can be difficult. Ultimately, I feel that it is beneficial to everyone though, as it can help us to move on with our lives and not dwell on events of the past, whilst also being an important way of recognising that people make mistakes, but that they can change too.

Philimon Nakatu

Yes if we learn how to forgive, it will cultivate a more peaceful and harmonious world

> *Good point – we want to think about the whole community! How can we make sure that we're cultivating peace, instead of just letting people get away with bad things?* — ANONYMOUS

Jackson

If we forgive as individuals we are encouraging personal growth and development.

Kampire

Forgiveness strengthens our resilience and ability to cope with challenges

kwagala magaret

Forgiveness is not important because forgiveness alone won't fix the problem.

> *It's true that we often need things other than forgiveness! Does that mean forgiveness doesn't do anything for anyone?* — ANONYMOUS

tusubira sarah

Some people make it a habit to annoy you si nce they know that you will forgive

> *Does that mean we should only forgive people the first time? Or is there another way to be forgiving, without keeping people like that around?* — ANONYMOUS

Forgiveness improves our communication and conflict resolution skills.

Nisha

Agnes

Its always hard to forgive because people take you for granted when you forgive repeated.

> *I agree – perhaps forgiveness is important but it needs some terms attached – for example, the person being forgiven will not act in the same way again?* — ANONYMOUS

Mwesigwa Anisha

Forgiveness lowers the risk of heart attack

> *True, but could it also cause you more stress if you feel like you can't trust someone after forgiving them?* — ANONYMOUS

Makidah

Forgiveness creates unity among people in our society.

Wafula Brian

If we refuse to forgive it only hurts us

To forgive and forget takes time .

> *Yeah but it's worth the pain!!!* — ANONYMOUS

Mimie

Forgiveness may not be beneficial if it is used as a way to avoid addressing systemic or structural issues that contribute to harm

> *Very true, Mimie! How can we tell when we should forgive and when we shouldn't?* — ANONYMOUS

Forgiveness brings peace of mind for both parties and it prevents their behaviour from destroying your heart.

Makida

ANONYMOUS   JUL 17, 2023 09:11AM UTC

Through forgiveness one is restored to the family, it protects life that is to say once some one is forgiven, he/she can not be punished.

Abdu

> *I think before we forgive ,there is a need to make the offender realise his or he mistakes*   — ANONYMOUS

ANONYMOUS   JUL 17, 2023 09:08AM UTC

Forgiveness promotes peace and brings reconciliation among people in the society.

Paul

> *No others will not understand it.*   — ANONYMOUS

ANONYMOUS   JUL 17, 2023 09:05AM UTC

Through forgiveness, we inherit the kingdom of God.

Suman

ANONYMOUS   JUL 17, 2023 08:49AM UTC

Forgiveness is important because it strengthens friendships and relationships and also brings peace of mind.

Wyclif

> *But if we are always forgiving people when they do wrong, do you not think that they will continue to do wrong if they know you will keep forgiving them?*   — ANONYMOUS

> *There's a time of healing and forgiving*   — ANONYMOUS

ANONYMOUS   JUL 17, 2023 08:41AM UTC

Forgiveness sets an individual free and once a person is forgiven, he/she feels free. So it is important in our daily lives.

Yowasi

ANONYMOUS   JUL 17, 2023 08:38AM UTC

Yes forgiveness is important because it creates happiness for both parties

Meddy

ANONYMOUS   JUL 14, 2023 11:43AM UTC

Forgiveness releases you from the hold of hurt, disappointment, and discouragement. Understanding the importance of forgiveness has nothing to do with the other person or the offense. So we need forgiveness to have peace of mind and happiness

Mary

> *You're right that forgiveness can release us. Do you think it's the only way to move on, when we've been hurt?*   — ANONYMOUS

ANONYMOUS   JUL 14, 2023 11:02AM UTC

Unforgiveness leads to the premature death of a relationship or to the continuation of a relationship compromised by building resentment. We need to forgive to be happy again.
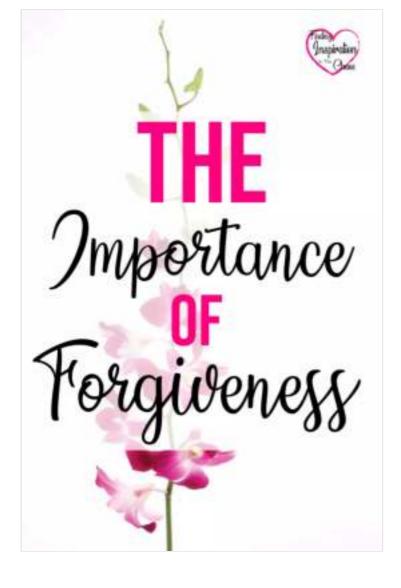
Philip

> *That's definitely true – good point! Does this mean that forgiveness doesn't matter if we want to end the relationship anyway?*   — ANONYMOUS

ANONYMOUS   JUL 14, 2023 11:01AM UTC

Forgiveness is a choice that frees you to determine if a relationship can move on toward growth or if a relationship needs to change or end. The decision to forgive may not feel good at the moment but leads to long-lasting contentment.

Grace

ANONYMOUS   JUL 14, 2023 10:50AM UTC

Forgiveness Is For Everyone.All of us have been wounded in some way by another person, mentally, emotionally, or even physically. Yet, forgiveness is a powerful tool to help us experience a greater degree of joy and freedom. While life can be filled with painful events and tragedies, we can rebound and move on quickly from life's even most difficult situations when we wield forgiveness.

Sarah

S.A.L.V.E. INTERNATIONAL   JUN 27, 2023 09:22AM UTC

Forgiveness can be really hard but it is important. It helps you feel better about the hurt you have experienced.

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