

Good morning, everyone.

Today, I want to talk about the transforming power of forgiveness.

Imagine holding onto a heavy stone. Day after day, it burdens you, weighing you down with resentment or anger. Now imagine setting that stone down and feeling the relief and freedom that follows.

Forgiveness is that release. It is not about forgetting or excusing the wrongs done to us, but about freeing ourselves from the chains of bitterness. When we choose to forgive, we are the ones who heal. We open our hearts to peace and let go of past hurts that hinder our growth.

Let's remember that forgiveness is a journey, unique to each of us. It's okay to take your time, to feel what you need to feel, but always strive toward that goal of letting go. By forgiving, we show compassion not only to others but to ourselves.

May we all find the courage to embrace forgiveness, lightening our burdens and nurturing a more compassionate world.

Thank you.