



UNDER HIS WINGS

SEASON 3

EPISODE 31—A Divine Gift: Forgiveness

SHOW NOTE HIGHLIGHTS

In this episode we discuss forgiveness and share the story about Victoria Rivolo as told by Pres. Gordon B. Hinkley. <https://www.churchofjesuschrist.org/study/liahona/2007/03/be-more-forgiving?lang=eng>

I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" ([Matt. 5:38–44](#))

Victor Frankel: "When we are no longer able to change a situation we are challenged to change ourselves." <https://www.dailygood.org/story/1578/viktor-frankl-and-the-search-for-meaning-a-conversation-with-alexander-vesely-and-mary-cimiluca/>

"Truly forgiving someone of an offense means dropping all the emotional baggage attached to the person and the offense. It means you can think about what happened without experiencing a sudden jolt of anger, hostility, hatred, or grief. Your heart doesn't skip a beat, and your stomach doesn't leap into your throat. You don't feel as if you are about to plunge over a precipice." "The Choice to Forgive After Betrayal," *I Can Forgive with God* by Ganel-Lyn Condie, chapter 3, pg 86.

President James E. Faust said: "Forgiveness is not always instantaneous. ... Most of us need time to work through pain and loss. We can find all manner of reasons for postponing forgiveness. One of these reasons is waiting for the wrongdoers to repent before we forgive them. Yet such a delay causes us to forfeit the peace and happiness that could be ours" ("The Healing Power of Forgiveness," *Ensign or Liahona*, May 2007, 68).

Elder Jeffery R. Holland; "But notwithstanding even the most terrible offenses that might come to us, we can rise above our pain only when we put our feet onto the path of true healing. That path is the forgiving one walked by Jesus of Nazareth, who calls out to each of us, 'Come, Follow Me.'" ("The Ministry of Reconciliation," *Ensign or Liahona*, Nov. 2018).

President James E. Faust said; If we can find forgiveness in our hearts for those who have caused us hurt and injury, we will rise to a higher level of self-esteem and well-being. I find it interesting that Some recent studies show that people who are taught to forgive become "less angry, more hopeful, less depressed, less anxious and less stressed," which leads to greater physical and mental well-being. <https://www.churchofjesuschrist.org/study/general-conference/2007/04/the-healing-power-of-forgiveness?lang=eng>

"Studies have found that the act of forgiveness can reap huge rewards for your physical health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, and blood pressure.<https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it>

Elder Neal A. Maxwell; "Unremembered by some is the reality that in the kingdom we are each other's clinical material; the Lord allows us to practice on each other, even in our imperfections. And each of us knows what it is like to be worked on by a 'student' rather than a senior surgeon. Each of us, however unintentionally, has also inflicted some pain." Neal A. Maxwell, "A Brother Offended," *Ensign*, May 1982.

Pres Hinkley: "Go forward in life with a smile on your face and a twinkle in your eye but with great and strong purpose in your heart." *How Can I Become the Woman of Whom I Dream?* New Era, November 2001.

I am grateful for the advice someone shared with me to not always listen to what people are saying but to how or with what intent they are saying it. I've found that most people are trying to offer help and love the best they know how." Nikki Harding excerpt in "I Can Forgive with God" by Ganel-Lyn Condie, pg 43

D&C 58:42 "He who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more".

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool" ([Isa. 1:16–18](#)).
([John 8:6–11](#)).

Gordon B. Hinkley. "How much we need application of this God-given principle, forgiveness, and its companion principle, repentance! We see the need for it in the homes of the people, where tiny molehills of misunderstanding are fanned into mountains of argument. We see it among neighbors, where insignificant differences lead to undying bitterness. We see it in business associates who quarrel and refuse to compromise and forgive when, in most instances, if there were a willingness to sit down together and speak quietly one to another, the matter could be resolved to the blessing of all. Rather, they spend their days nurturing grudges and planning retribution." <https://www.churchofjesuschrist.org/study/general-conference/1980/10/of-you-it-is-required-to-forgive?lang=eng>