

Find Freedom from Baggage Transference through . . .

PARDON

FORGIVENESS AND RELEASE

Pardon is forgiveness of an offense or cancellation of a penalty. It involves excusing someone for what they did or for what they failed to do. Pardon provides the offender with release from penalty; it provides the one granting pardon with release from bitterness. In effect, pardon is “letting go”.

When Pardon Grows:

Pardon does so much for interpersonal relationships! It releases people to go forward. It acknowledges that we all do things that harm other people, sometimes greatly. And yet we can forgive and move on.

Pardon frees us from bitterness and resentment. It removes the drive for revenge, and even the need to completely understand why an offense was committed.

Pardon helps fill the human need for forgiveness, so that people are free to move on and grow together. We all want relationships that are strong enough to endure mistakes and transgressions. When pardon is present, it means that the commitment to one another surpasses any irritations and offenses. A summary of some of the benefits when pardon is present:

- Current relationships are not hindered by baggage from past relationships.
- People receive the blessing of forgiveness
- Reconciliation is possible
- People around the parties involved also benefit
- Stress decreases
- People focus less on the minor irritations of life

List ways you can be more forgiving of others:



Some ways to Pardon . . .

PRAYER

Some suggestions . . .

Dear Lord, thank You for the pardon You have mercifully and graciously given me.

Please help me to graciously pardon those who have committed offenses against me.



THOUGHTS

Affirm thoughts like these . . .

The Lord has forgiven me so much!

I appreciate that others have pardoned me.

With the Lord’s help, I can forgive _____.

Pardon renews relationships.

Pardon releases us to move on.



ACTIONS

Some suggestions . . .

Pray the words from the Lord’s Prayer: “Forgive us our debts, as we forgive our debtors.”

Thank the Lord for the pardon He has given.

Let go of grudges.

Write a letter granting forgiveness.



**To err is human,
to forgive divine.**

– Alexander Pope