

# THE BEAUTY OF FORGIVING

*by Lysa TerKeurst*

**THIS IS FORGIVENESS:** Making the decision that the ones who hurt you no longer get to limit you, label you, or project the lies they believe about themselves onto you.

Somewhere along the way, they got hurt. Really, really hurt. They aren't necessarily bad people, but chances are they are unhealed people.

When people have a deep wound they feel they must protect, the pain from that festering place is often what they'll project.

So, you must make the decision that their offense will not define you or confine you by the smallness of bitterness.

The sum total of your one incredible life must not be reduced to the limitations of living hurt.

The completely delightful, beautiful, fun, and brilliant way God made you must not be tainted by someone who lost their way.

The lies they wrongly believed and tried to put on you must not become a burden you carry or a script you repeat.

You've got much too much going for you to be stunted by anger, haunted by resentment, or held back by fear. Grow into God's grace by giving it kindly and accepting it freely.

Throw your arms up in victory and declare, "I'm free to forgive so that I can live!"

Do it once, twice, seventy times seven. Make it an undeniable fact you're a girl bound one day for heaven.

The forgiveness message you dare to declare is the evidence of Jesus in you that no soul could deny. Sing it like an anthem that the one who was crushed cannot have their joy hushed. Scatter it like confetti, coloring the blandness of surviving with the radiance of thriving. Release it like the fantastic fragrance everyone loves and always wants more of.

Now put your fingers on your pulse. Do you feel that? It's your heart beating, pumping, willing you to press onward and upward. Your future is full of possibility and new joys you don't want to miss.

So get a bit carried away dancing to that song ... you know, the one that, when its rhythm gets turned up all the way, makes it impossible for you to stay down. And if it's not a praise song, sing to Jesus anyway.

**DANCE! AND SING! IT'S TIME TO GET MOVING AND GET ON WITH LIVING.**

*This, my friend, is the beauty of forgiving.*