

# Lewis B. Smedes

## Quotes

*Forgiveness, Hurt, Pain, People, Memories, Forgiving, Hate, Heart, Past, Happiness, Understanding, Self, Healing, Revenge, Letting Go, Differences, Joy, Grace, Inspirational, Spiritual*

You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well.

~Lewis B. Smedes

When you release the wrongdoer from the wrong, you cut a malignant tumor out of your inner life. You set a prisoner free, but you discover that the real prisoner was yourself.

~Lewis B. Smedes

To forgive is to set a prisoner free and discover that the prisoner was you.

~Lewis B. Smedes

It takes one person to forgive, it takes two people to be reunited.

~Lewis B. Smedes

Forgiving is, first of all, a way of helping yourself to get free of the unfair pain somebody caused you.

~Lewis B. Smedes

Waiting is the hardest work of hope.

~Lewis B. Smedes

Forgiving does not erase the bitter past. A healed memory is not a deleted memory.

~Lewis B. Smedes

God invented forgiving as a remedy for a past that not even he could change and not even he could forget. His way of forgiving is the model for our forgiving.

~Lewis B. Smedes

The God who has the whole world in his hands has grace for the whole world in his heart.

~Lewis B. Smedes

To miss out on joy is to miss out on the reason for your existence.

~Lewis B. Smedes

...Forgiving is not having to understand. Understanding may come later, in fragments, an insight here and a glimpse there, after forgiving.

~Lewis B. Smedes

Kindness is the power that moves us to support and heal someone who offers nothing in return.

~Lewis B. Smedes

I learned that gratitude is the best feeling I would ever have, the ultimate joy of living.

~Lewis B. Smedes

The rule is: we cannot really forgive ourselves unless we look at the failure in our past and call it by its right name.

~Lewis B. Smedes

Any moment that opens us up to the reality that life is good is a parable of the supreme end for which we were made.

~Lewis B. Smedes

We forgive freely or we do not really forgive at all.

~Lewis B. Smedes

A wise judge may let mercy temper justice but may not let mercy undo it.

~Lewis B. Smedes

The longer we hate, the harder it is to heal us.

~Lewis B. Smedes

Don't do it quickly, but don't wait too long... If we wait too long to forgive, our rage settles in and claims squatter's rights to our souls.

~Lewis B. Smedes

Gandhi was right: if we all live by 'an eye for an eye' the whole world will be blind. The only way out is forgiveness.

~Lewis B. Smedes

I have discovered that most people who tell me that they cannot forgive a person who wronged them are handicapped by a mistaken understanding of what forgiving is.

~Lewis B. Smedes

We feel guilty for what we do. We feel shame for what we are.

~Lewis B. Smedes

My wife has lived with at least five different men since we were wed - and each of the five has been me.

~Lewis B. Smedes

Our history is an inevitable component of our being. One thing only can release us from the grip of our history. That one thing is forgiveness.

~Lewis B. Smedes

Self control is about being in charge of the direction our lives are taking. Now for the paradox: We get control of our lives, ultimately, not by will power but by surrender.

~Lewis B. Smedes

When I feel the joy of receiving a gift my heart nudges me to join creation's ballet, the airy dance of giving and receiving, and getting and giving again.

~Lewis B. Smedes

The secret of grace is that it can be all right at the center even when it is all wrong on the edges.

~Lewis B. Smedes

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