

# Forgive

To forgive is a process,  
It's not to forget,  
But to be at peace,  
Not to resent.

It remembers, recalls,  
Things been done,  
Responds appropriately,  
Peaceful and calm.

It does not attack,  
Seek to Retaliate,  
It seeks only good,  
To care and not to hate.

It creates opportunity,  
For restoration and healing,  
It comforts, encourages,  
Attitudes appealing.

With respect and caution,  
It stands for what's right,  
It is not afraid,  
When challenged to fight.

It will not take bait,  
It will not be rattled,  
It will maintain,  
Calmness in battle.

To forgive involves,  
Humbling of self,  
Focusing on good,  
Nothing else.

It's a mindfulness attitude,  
Discipline and control,  
Setting one's thoughts,  
Upon being spiritually whole.