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Forgive yourself

By Elise L. Moore, C.S.B.

I love what Maryl said yesterday about instant forgiveness, and I've been thinking about that. And thinking about we can also forgive ourselves. We can begin today by forgiving ourselves.

The Lord's Prayer talks about forgiving - "forgive us our debts as we forgive our debtors." You know, God forgives us and we can forgive ourselves just like we forgive others. This isn't ignoring a problem, it's embracing the solution. Forgiving yourself is doing what's right today, doing what's right this very moment instead of getting stuck thinking about the past mistakes. Forgiveness is actually making a change for the better. I used to have a really hard time when I made a mistake. I'd keep going over and over it in my mind and I'd get sort of stuck ruminating about how I could've done something better... like going over a sports replay, but never getting on with the game. At some point, we need to stop looking at the replays and get back in the game. My husband used to tell me, "don't beat yourself up," and that was really helpful. It would stop me from replaying the problem so I could get on with the solution. So forgiving yourself is turning to God, and relying on God, rather than focusing on the problem or on yourself.

Let's forgive ourselves today. Let's press that mental reset button and start with God-like ideas. God has made you new. Let God's love fill your heart, and forgive yourself.